



# ZONES OF REGULATION FOR PANS PARENTS

<u>ZONE</u>	<u>BLUE</u>	<u>YELLOW</u>	<u>GREEN</u>	<u>RED</u>
How do I feel and act when I am in this zone?	<ul style="list-style-type: none"> <li>• Sad</li> <li>• Sick</li> <li>• Tired</li> <li>• Bored</li> <li>• Moving Slowly</li> </ul>	<ul style="list-style-type: none"> <li>• Frustrated</li> <li>• Worried</li> <li>• Unfocused</li> <li>• Excited</li> <li>• Difficulty staying clam with my child</li> </ul>	<ul style="list-style-type: none"> <li>• Happy</li> <li>• Calm</li> <li>• Focused</li> <li>• Ready to support and engage my child</li> </ul>	<ul style="list-style-type: none"> <li>• Mad/Angry</li> <li>• Overwhelmed</li> <li>• Yelling</li> <li>• Rigid</li> <li>• Lack of Control</li> </ul>
What can I do as a PANS parent when I am in this zone?	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Take a walk</li> <li>• Talk out feelings with a friend</li> </ul>	<ul style="list-style-type: none"> <li>• Take 5 slow breaths</li> <li>• Concentrate on the moment</li> <li>• Feel the ground under my feet supporting me</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy the present moment with my child</li> <li>• Play with my child</li> <li>• Be creative with my child</li> </ul>	<ul style="list-style-type: none"> <li>• Take a time out</li> <li>• Ask another adult to take over</li> <li>• Call someone for support</li> </ul>

*LEAH KUYPERS, MA ED., OTR/L, IS THE CREATOR OF THE ZONES OF REGULATION®, A FRAMEWORK DESIGNED TO TEACH SELF-REGULATION.*