

Big Events and Big Feelings: A Family Conversation Guide




Note to Families/Caregivers: The Zones of Regulation is a way to think about, talk about, and manage our feelings on the inside.

The script and visual below can be a guide to talk about strong feelings that kids are having in reaction to big events or situations in their lives. This can be a crisis within the community or something on the news. Sharing your own feelings and modeling your regulation strategies is an important way to reassure kids that we all experience big feelings and work on our regulation, even adults.




For more information about The Zones of Regulation, visit zonesofregulation.com.

Sometimes big events or problems in our community (or family) affect how we feel inside. We can use The Zones to help us talk about these feelings. It's normal to have strong emotions in the Blue, Yellow, or Red Zones during these times. Everyone experiences these powerful feelings, adults included. All our feelings and Zones are okay. Here are a few emotions in each Zone:




Some feelings in the **Blue Zone** | Low levels of energy and down feelings

Sad 	Bored 	Tired 
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Some feelings in the **Green Zone** | Calm energy and a sense of control

Calm 	Focused 	Happy 
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Some feelings in the **Yellow Zone** | Higher energy and stronger feelings

Frustrated 	Worried 	Silly 
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Some feelings in the **Red Zone** | Extremely high energy and strongest feelings

Mad/Angry 	Terrified 	Overjoyed 
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- **What Zone are you in now? How do you feel?**
- **What other Zones have you been in this week?**

No matter what Zone we are in, we can find healthy ways to care for our feelings. We call this using our regulation tools. Here are a few tool ideas to help us care for or manage our big feelings:

- **Connect:** Talk with someone you care about, give a hug
- **Feel:** Take a few deep breaths, stretch
- **Do:** Listen to music, make art, write in a journal
- **Move your body:** Go for a walk or play outside if you can, have a dance party
- **Think:** List things you are grateful for, remind yourself "everything will be OK"

- **What regulation tools can we try to help us care for our Zone?**