Emotion Controllers

This group is designed for children with emotional and self-regulation challenges. The group’s curriculum and interactive lessons are based on the work of Leah Kuyper’s The Zones of Regulation. The curriculum uses a 4-point color system to discuss and group our different feelings into “zones”. Participants explore and learn effective tools and strategies to manage and adjust their actions to move between zones.

- Blue Zone- tired, sick
- Yellow Zone- excited, nervous
- Green Zone- happy, focused
- Red Zone- angry, aggressive

This group meets once a week for one hour. For increased benefit, participation from a parent/guardian is required the last 10 minutes of each session in order to meet with the group leader(s) for a recap of what was covered and to receive informational handouts and activities to practice at home.

**Recommended Ages:** 5-12 years (children grouped by age and skill level)

All groups are based on a private-pay format. Please contact our office for more information at 651-455-0561.

**Group Objectives:**

- Improve emotional awareness of self and others
- Learn tools and strategies to promote a “just right” alertness level
- Learn to adjust behavior according to changes in the environment
- Gain an increased vocabulary to discuss emotions

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**Colors and Zones**

- **Blue Zone** - tired, sick
- **Yellow Zone** - excited, nervous
- **Green Zone** - happy, focused
- **Red Zone** - angry, aggressive

**Confused** | **Silly** | **Focused** | **Anxious** | **Scared**
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**Tired** | **Focused** | **Distracted** | **Excited** | **Shy**
**Excited** | **Scared** | **Stressed** | **Calm** | **Impulsive**
**Sad** | **Frustrated** | **Mad** | **Happy**