





# THE ZONES OF REGULATION®

This term we have introduced the ZONES of Regulation across the school.

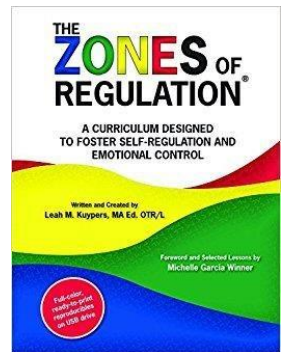
			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

## WHAT ARE THE ZONES OF REGULATION®?

This uses four colours and is designed to help children identify their feelings. It provides them with tools and strategies to support emotional regulation

### They teach pupils:

- Vocabulary of emotions
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- Problem solving skills
- Tools to calm emotional responses



## HOW ARE WE USING THE ZONES ?

We are introducing each ZONE one at a time and teaching the children to recognise their emotions. As we progress through the year children will be encouraged to identify the ZONE they are in on arrival to school by putting their name in the ZONE that matches their feelings. Over the course of the day they will have opportunities to discuss to move their name into another ZONE if their feelings change. Along with the ZONES the children are learning a tool kit of calming choices to help get them back into the green learning ZONE. The children are learning that we all experience all the ZONES but the green ZONE is the best ZONE to help us focus and concentrate when in the classroom.

### KEY POINTS:

- There is no 'bad' Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can't change the way children feel BUT we can help them manage their feelings/states and behaviours. *"It's OK to be angry but it is not OK to hit..."*
- You can be in more than one Zone at a time (e.g. sad AND angry).



### How can you support your child to use the Zones?

Find relatable characters such as The Minions or Disney's Inside Out.

<https://www.youtube.com/watch?v=L0e-oMZi000->

Identify your own feelings using The Zones, "I'm feeling really excited. I am in the Yellow Zone".