





Zones of Regulation

The Zones of Regulation is a programme that aims to help children notice the emotion they are feeling and then regulate themselves if they are feeling uncomfortable.

The programme starts by helping children to identify which zone an emotion or feeling is in.

The **ZONES** of Regulation®

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

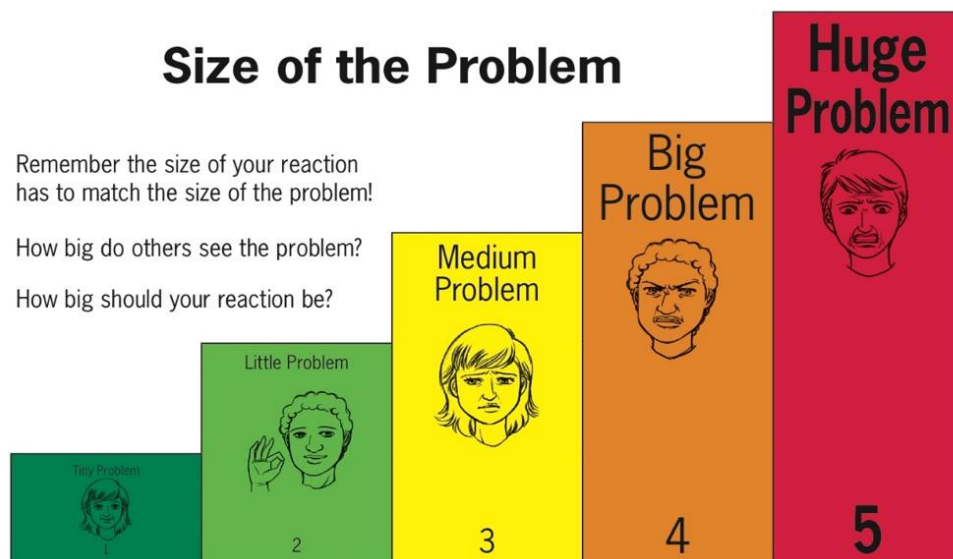
The children explore these zones and learn to be able to identify which zone they are in. This is supported by staff who use the language of the zones when appropriate. There are posters in every classroom and around the school. Sometimes children can't or don't want to name the emotion but they can identify which zone they are in.

Children also learn that their feelings and emotions can lead to expected and unexpected behaviours and that those behaviours can have an impact on the children and adults around them e.g., if you are in the red zone and shouting very loudly at your friend it is unlikely that your friend will be in the green zone.

Once children understand the concept of the zones they will they explore ways to help regulate themselves with the support of sensory devices and calming techniques. We want to help all children recognize when they are beginning to feel uncomfortable in the yellow zone and have a toolbox of ideas to help them regulate themselves.

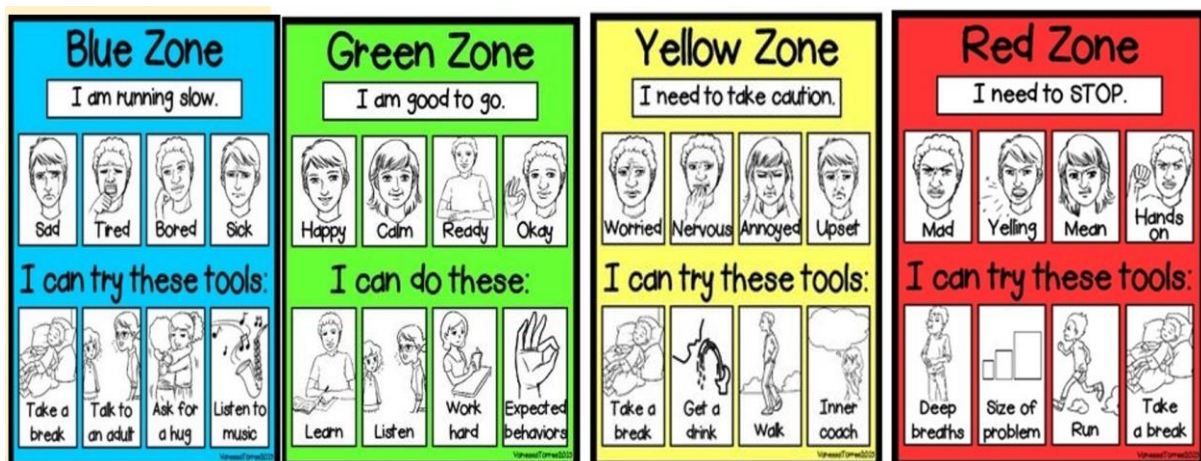
In addition to addressing self-regulation, the students will gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem solving skills.

We also may scale the problem with the children.



At Home

You can support your child/children at home by *asking* them which zone they are in or *identifying* which zone they are in, e.g. "I wonder if you are in the yellow zone at the moment, you seem a bit worried." Naming the emotion can help them with their emotional literacy and show them that you can see they are feeling uncomfortable. Exploring sensory ideas to help your child feel calmer will also really help. Some children find colouring, play dough, using stress balls, time at the park or reading really beneficial. You could also try using relaxing music, children's yoga for deep breathing exercises or mindfulness.



The key message is to help your child understand that it is ok to feel angry, be worried or scared but they do need to find ways to help themselves manage those uncomfortable feelings and self-soothe. This may also help them with their self-esteem and resilience.