

# The ZONES of Regulation

Your child might have mentioned Zones of Regulation. It is a new approach we have introduced across the whole school from nursery to Y6 to help the children understand and regulate their emotions. Every child is being exposed to the ZONES and as a school we are encouraging discussions daily about emotions and creating a shared language centered around the ZONES of regulation approach.

The following slides will hopefully explain the Zones of Regulation in more detail. If you have any questions please contact your child's teacher.





# Parents Guide to: **Zones of Regulation**

**At Netherton Moss, we use the Zones of Regulation as a way to teach and support our children to manage and regulate their emotions.**

# What is it?

The Zones of Regulation is an approach which supports children in **managing their feelings**.

By categorising the different ways we can feel and states of alertness, children can be supported to **identify** their own feelings and understand how their **feelings can then affect their behaviour**.

## The ZONES of Regulation

			
<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified

# Why do we use it?

To teach our pupils:

- How to identify their feelings as well as read others' facial expressions
- Understand how their behaviours can influence others' thoughts, feelings and behaviours
- How to regulate their own feelings and in doing so, develop their own 'toolbox' of strategies to self-manage their thoughts and emotions.
- Problem solve and find positive solutions to different emotions

**The ultimate goal is for independent regulation.**





# What does it look like in school and how do we use it?



**Children are encouraged to talk about their feelings!**  
By doing so, this will support their understanding and consolidate their learning further.

Our staff can support by reminding them of the **'tools'** they could use to help them navigate through their feelings.

Here are some examples:

- **Talk to a trusted adult**
- **Go to the class regulation station where a range of self regulating activities are available eg. Belly breathing (deep breathing exercises), playdoh, fidget toys, jigsaws, sketching etc**
- **Find a quiet space**



# The four zones:

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UPSET



TIRE D

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels **sad, tired, sick, or bored**.



HAPPY



CALM

The **Green Zone** is used to describe a calm state of alertness. A person may be described as **happy, focused, content, or ready to learn** when in the Green Zone. This is the zone where optimal learning occurs.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing **stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness** when in the Yellow Zone.



SILLY



ANXIOUS

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing **anger, rage, devastation, or terror** when in the Red Zone.



ANGRY

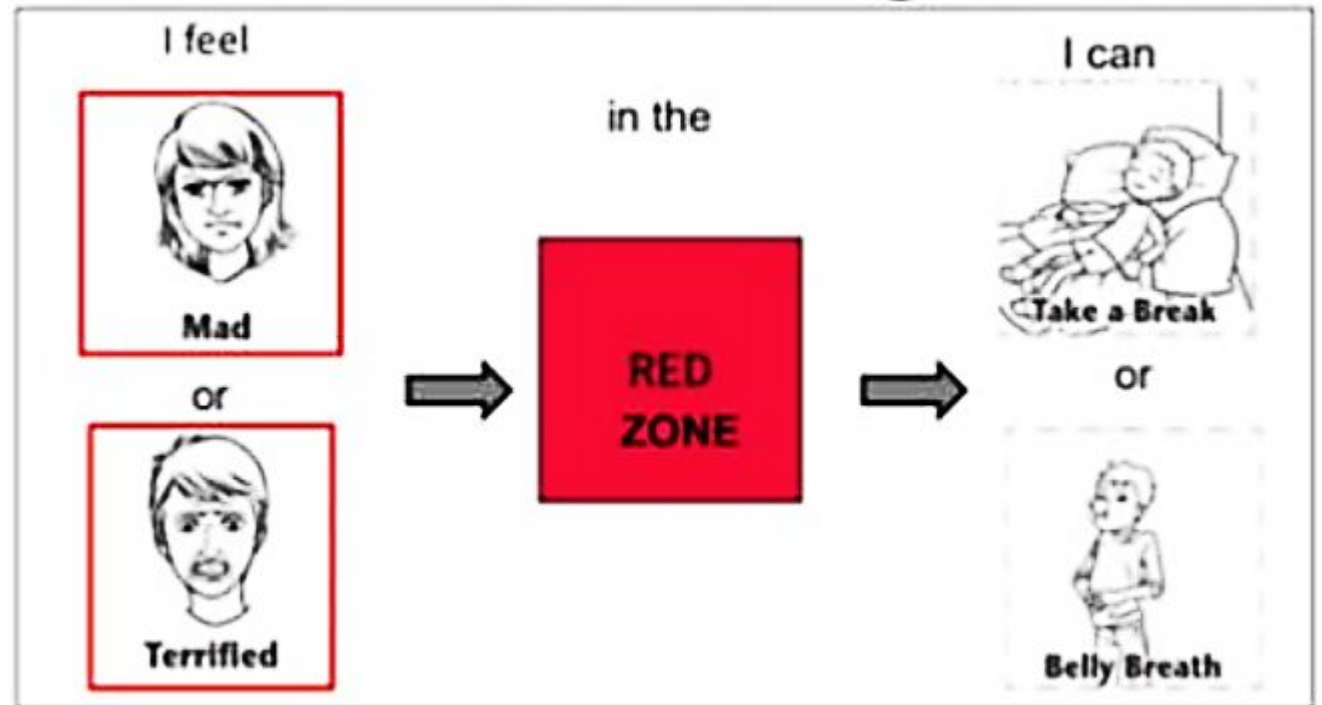


SCARED

# Worth remembering...the Red Zone is not a bad zone!

In fact, none of the zones are bad!

The feelings of anger, terror, devastation etc are perfectly normal to feel but what matters is **how** children learn to regulate and manage these strong feelings.



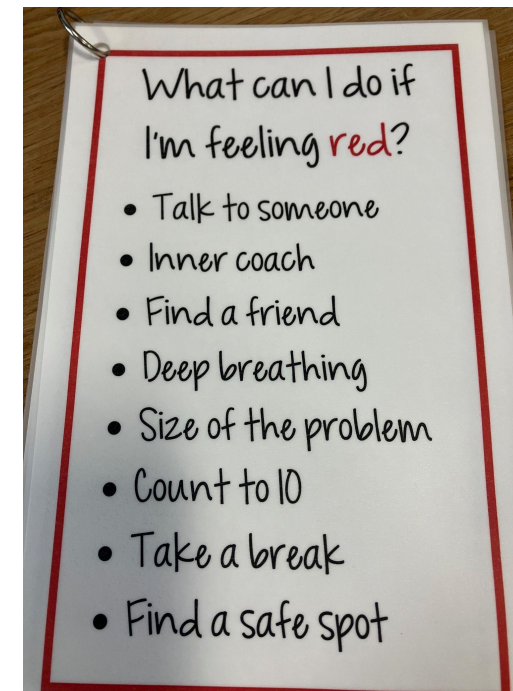
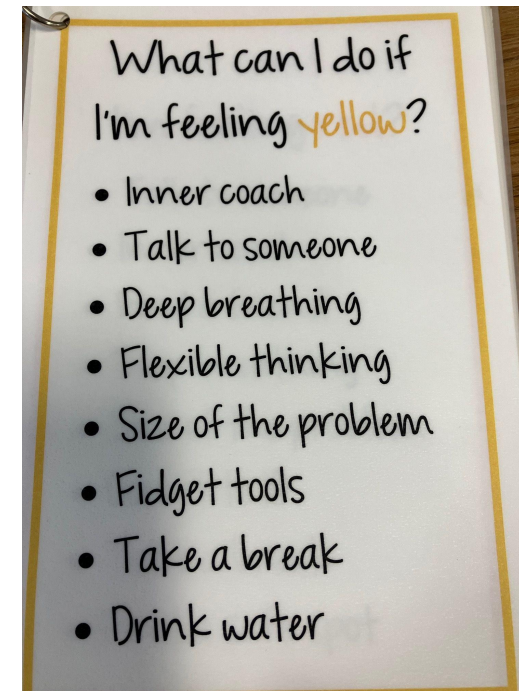
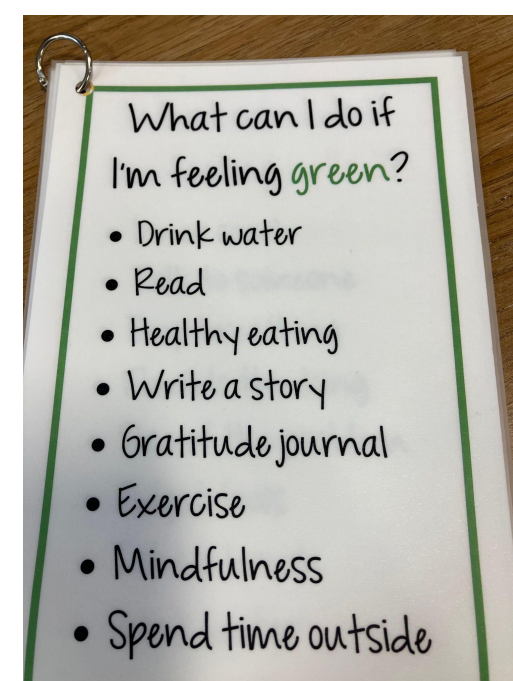
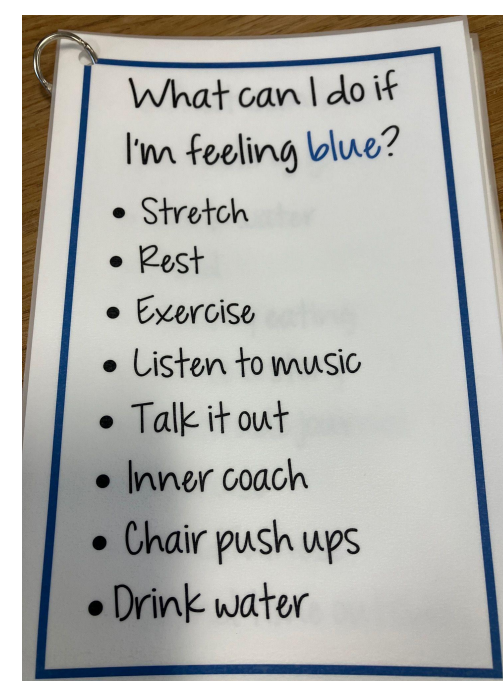


# How can we use it at home?

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1. Ask children 'how are you feeling?'/check in with their feelings.
2. Identify which zone they are in. 'Which zone are you in?'
3. Talk through strategies in their toolbox.



Thank you for watching our guide.  
We hope it was useful.

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