

**This week, we have re-launched the 'Zones of Regulation' curriculum with pupils in school.**

The Zones of Regulation is a framework that helps children **recognise and manage their feelings and emotions**. This approach teaches self-regulation—being in the best state of alertness for learning and social interaction. When children can identify their emotions and use strategies to manage them, they are better equipped to cope with stress, build resilience, and succeed in school and life.

## The impact of the Zones of Regulation approach

- **Supports Emotional Literacy:** Many children struggle to name and understand their feelings. Zones give them a simple, visual language to do this.
- **Improves Readiness to Learn:** When children can regulate emotions, they are calmer, more focused, and better able to engage with lessons.
- **Reduces Behavioural Incidents:** By teaching proactive strategies, children learn to manage frustration or anxiety before it escalates.
- **Inclusive for All Needs:** Particularly helpful for children with SEND, autism, or those who find transitions and sensory input challenging.

## The Four Zones

 <p><b>Blue Zone</b> Sad - Bored Tired - Sick</p>	<p>The <b>blue zone</b> is used to describe low states of alertness such as</p> <ul style="list-style-type: none"> <li>- Sad</li> <li>- Bored</li> <li>- Sick</li> <li>- Tired</li> </ul> <p>The body is moving sluggishly</p>	 <p><b>Green Zone</b> Happy - Focused Calm - Proud</p>	<p>The <b>green zone</b> is used to describe a regulated state of alertness such as</p> <ul style="list-style-type: none"> <li>- Happy</li> <li>- Focused</li> <li>- Calm</li> </ul> <p>This zone is generally needed for school work, being social and being ready to learn</p>
 <p><b>Yellow Zone</b> Worried - Frustrated Silly - Excited</p>	<p>The <b>yellow zone</b> is used to describe a heightened state of alertness, but with some control, such as</p> <ul style="list-style-type: none"> <li>- Frustrated</li> <li>- Worried</li> <li>- Nervous</li> <li>- Confused</li> <li>- Silly</li> </ul> <p>They may find themselves being fidgety, or sensory seeking. They are starting to lose control</p>	 <p><b>Red Zone</b> Overjoyed/Elated Panicked - Angry - Terrified</p>	<p>The <b>red zone</b> is used to describe extremely heightened states of alertness or very intense feelings such as</p> <ul style="list-style-type: none"> <li>- Anger</li> <li>- Panic</li> <li>- Terror</li> <li>- Excited</li> </ul> <p>They are often not in control of their body</p>

## How do we support Zones in School?

- **Classroom Displays:** Visual charts of the Zones to help children check in.
- **Zones Language:** Staff model phrases like *"I'm in the Yellow Zone because I'm feeling worried."*
- **Toolboxes:** Zones of Regulation toolboxes with sensory aids (stress balls, theraputty), breathing cards, and calming activities.
- **Regulation Stations:** Designated calm spaces where children can go to use strategies and return to the Green Zone.
- **Daily Check-ins:** Children identify their Zone at the start of the day and after breaks.

## Example strategies to use in each Zone

	Goal	Example strategies
<b>Blue Zone</b>	<b>Increase alertness and energy</b>	<ul style="list-style-type: none"> <li>• Take a short walk or do light exercise (jumping jacks, skipping).</li> <li>• Drink water or have a healthy snack.</li> <li>• Listen to upbeat music.</li> <li>• Do a sensory activity (e.g., play with theraputty or a fidget spinner).</li> <li>• Engage in a preferred hobby (drawing, building blocks).</li> </ul>
<b>Green Zone</b>	<b>Maintain regulation</b>	<ul style="list-style-type: none"> <li>• Practice mindfulness or breathing exercises.</li> <li>• Take regular movement breaks.</li> <li>• Use a "check-in" chart to monitor feelings.</li> <li>• Stay hydrated and eat regularly.</li> <li>• Continue using Zones language: <i>"I'm in the Green Zone and ready to learn."</i></li> <li>• Engage in calming activities like reading or quiet play.</li> </ul>
<b>Yellow Zone</b>	<b>Calm down and regain control</b>	<ul style="list-style-type: none"> <li>• Deep breathing (e.g., "square breathing" or "rainbow breathing").</li> <li>• Use sensory tools (stress ball, weighted lap pad).</li> <li>• Take a short break in a quiet space.</li> <li>• Listen to calming music or use noise-cancelling headphones.</li> <li>• Do "heavy work" activities (push-ups against a wall, chair push-downs).</li> </ul>
<b>Red Zone</b>	<b>Reduce intensity and feel safe</b>	<ul style="list-style-type: none"> <li>• Move to a Regulation Station or calm corner.</li> <li>• Wrap in a weighted blanket or do deep pressure activities.</li> <li>• Use a calm box with sensory items (soft toys, stress balls).</li> <li>• Practice slow breathing or guided relaxation.</li> <li>• Go to a quiet/dark space (tent, reading nook).</li> <li>• Minimise talking—use simple, calm language.</li> </ul>

## How parents and carers can support at home

- ✓ Model your own feelings using Zones language.
- ✓ Observe and intervene early when your child is in the Yellow Zone.
- ✓ Practice calming strategies in the Green Zone.
- ✓ Use books/films to discuss which Zone characters might be in.
- ✓ Display Zones visuals at home and check in regularly.
- ✓ Praise your child for identifying and managing their Zone.
- ✓ Create a "calm box" with sensory tools.
- ✓ Be consistent, empathetic, and maintain routines.

**For more information about the impact of this approach, or to find out how you can use this to support your child, please come and talk to Mrs Greenway or your child's class teacher.**