

Parent guide to Zones of Regulation

What are 'The Zones of Regulation'?

At Cadmore End Combined School and Nursery, supporting each child's emotional wellbeing is a central part of our values and practice. **Self-regulation** (also known as 'self-control', 'impulse management' and 'self-management') is an important part of our curriculum. We recognise that children who are experiencing big emotions, such as worry, anger, restlessness, fear or tiredness, often find it hard to learn and concentrate in school. As a result, we feel it is valuable to use The Zones of Regulation with **all** of our children, to give them strategies to help them cope with their feelings. This means that they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'. The four 'zones' are different colours and are explained below. We will teach the children that everyone experiences all of the Zones. The Red and Yellow zones are not 'bad' or 'naughty' Zones. All of the Zones are expected at one time or another. We will show them that the Blue Zone, for example, is helpful when you are trying to fall asleep.

The **ZONES** of Regulation®

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

The Zones of Regulation to help our children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in.

- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones (developing better empathy).
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in.
- Develop problem-solving skills and resilience
- Identify a range of strategies that support them. Some are listed below...

What can I do?

to move out of yellow

deep breaths

have a drink

use a sensory toy

take a break

What can I do?

to move out of red...

deep breaths

think about how big my problem really is

talk to an adult about your feelings

use a sensory toy

take a break

What can I do?

to move out of blue...

take a break

draw or colour

talk to an adult about your feelings

try some exercise or stretching

What can I do?

to stay in green...

finish your work

help others

listen to teachers

follow Priory principles

work hard