



## 'Zones of Regulation' – Information for Parents

At Court-De-Wyck we recognise the importance of promoting positive mental health and emotional wellbeing to our children and their families. With this in mind, we have begun implementing the '*Zones of Regulation*' curriculum to support and empower our children to be able to regulate their emotions. We aim to teach the children to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and improve their wellbeing.

*The Zones of Regulation* is a range of activities to help your child develop skills in self-regulation. Self-regulation can go by many names, such as self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when your child plays in a football game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

The *Zones of Regulation* is a curriculum based around the use of four colours to help children self-identify how they are feeling and categorise it based on colour. The curriculum also helps children better understand their emotions, sensory needs and thinking patterns. The children learn different strategies to cope and manage their emotions based on which colour zone they are in. Additionally, it helps children to recognise their own triggers, learn to read facial expressions, develop problem-solving skills, and become more attuned to how their actions affect other people. By developing their awareness of feelings, energy and alertness levels, the Zones approach helps to provide an easy way to think and talk about how we feel on the inside. These feelings can then be sorted into four coloured Zones, all of which are expected in life.

## ZONES of Regulation

REST AREA ↗	GO	SLOW	STOP
<b>Blue Zone</b> Sad Unwell Tired Withdrawn Feeling Slow	<b>Green Zone</b> Happy Calm Settled Focused Ready to Learn	<b>Yellow Zone</b> Frustrated Worried Silly/Wiggly Excited Annoyed	<b>Red Zone</b> Angry Terrified Aggressive Defiant Out of Control

There is progression across the curriculum with children in Early Years learning to identify different emotions to children in Upper Key Stage 2 discussing how our behaviour can impact upon the feelings of those around us.

## How you can help at home

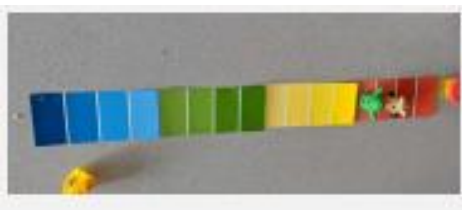
Talk through the zones with your child. Ask them how they would feel in each zone?

- Discuss what emotion they feel in each zone e.g. in the Yellow Zone I may feel worried
- How they physically feel e.g. in the Yellow Zone I may have butterflies in my stomach or have sweaty palms (if feeling anxious).
- Then discuss what might they be doing. What would their actions be? e.g. in the Yellow Zone would they be pacing around, snapping at others, fidgeting?
- Discuss how to help them move into the Green Zone e.g. if I was in the Yellow Zone and feeling anxious I might find completing some yoga stretches/ breathing techniques helps me get back into the Green Zone.
- Create a list of strategies that work for you and your child. Remind them that we are all unique and the strategies that work for one person might not help them so they need to think about what would help them.

Remind them that we will experience all zones and there are no good or bad zones. Our success in regulating our emotions depends on us recognising our emotion, understanding it and putting a support strategy in place.

You may like to make a Zones check in at home for all the family to use!

- Decide what you want it to look like (Poster, strips of coloured paper, pots)
- How will each person in your family be represented? (Photo, names on post-its/pegs/lolly sticks/magnets, Lego characters)
- Display in a place where your family spends a lot of time
- Start checking in! Do as often as you want to but try once a day.



## Calming STRATEGIES



Thank you for your support!

Mrs Fear