



### **What is *The Zones of Regulation*?**

The Zones of Regulation is a curriculum full of a range of activities to help your child develop skills in the area of self-regulation. Self-regulation can go 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 basketball game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

### **What are the different Zones?**

**Blue Zone:** low level of arousal, not ready to learn, feels sad, sick, tired, bored, moving slowly.

**Green Zone:** calm state of alertness, optimal level to learn, feels happy, calm, feeling okay, focused.

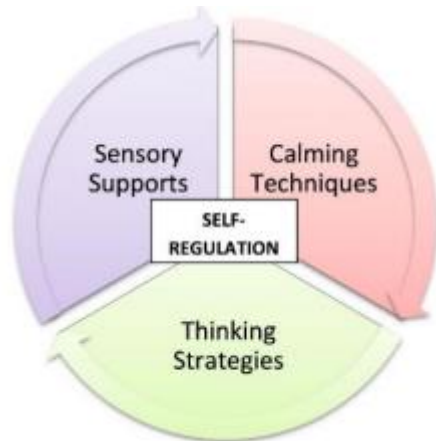
**Yellow Zone:** heightened state of alertness, elevated emotions, has some control, feels frustrated, worried, silly/wiggly, excited, loss of some control.

**Red Zone:** heightened state of alertness and intense emotions, not an optimal level for learning, out of control, feels mad/angry, terrified, yelling/hitting, elated, out of control.

### **Some of the aims of *The Zones of Regulation*:**

- To help children recognise when they are in the different Zones and how to change or stay in the Zone they are in.
- To gain an increased vocabulary of emotional terms so that they can explain how they are feeling.
- To gain insight into events that might make them move into the different Zones e.g. Disagreement with a friend, a certain subject being taught or a fire drill.
- To help children understand that emotions, sensory experience, physiological needs (e.g. Hunger/lack of sleep) and environments can influence which Zone they are in.
- To develop problem-solving skills.

- To identify a range of different calming and alerting strategies/tools that support them. Tools identified may be personalised sensory supports (e.g. Use of putty at key times), calming techniques or thinking strategies.



**The Zones can be likened to traffic lights:**

**Green:** you are 'good to go!'

**Yellow:** slow down or take warning

**Red:** stop and regain control

**Blue:** rest area where you pull over when you're tired and need to recharge.



**Who is *The Zones of Regulation* for?**

We need to teach ALL of our children good coping and regulation strategies so that they can help themselves when they experience emotions such as anxiety or stress. Teaching children these tools at a young age will support them in later life.

**How will my child learn about the Zones?**

*The Zones of Regulation* programme is advocated internationally. Our school is introducing the programme across the school as part of the PSHE curriculum.

Whilst it will be introduced in discrete teaching sessions, the Zones language will be used as part of daily school life.

**Some children prefer not to use the 'Zones language' but label the emotions directly – this is fine and encouraged!**

## **How can you help your child use *The Zones of Regulations*?**

- Identify your own feelings using Zones language in front of your child (e.g. “I’m frustrated; I think I am in the Yellow Zone”).
- Talk about what tool you will use to be in the appropriate Zone (e.g. “I need to take 4 deep breaths to help get me back to the Green Zone”).
- At times, wonder which Zone your child is in, Or, discuss which Zone a character in a film/book might be in (e.g. “You look Sleepy, are you in the Blue Zone?”).
- Engaging your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more.
- Teach your child which tools they can use (e.g. “It’s time for bed, let’s read a book together in the rocking chair to get to the Blue Zone”). Different strategies will be uploaded to our website.
- Share how behaviour is affecting your Zone. For example, if they are in the Green Zone you could comment that their behaviour is also helping you feel happy/go into the Green Zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise/encourage your child to share which Zone they might be in.

### **Common Questions on *the Zones of Regulation***

#### ***Can my child be in more than one zone at a time?***

Yes. Your child may feel tired (blue zone) because they did not get enough sleep, and anxious (yellow zone) because they are worried about an activity at school. Listing more than one Zone reflects a good sense of personal feelings and alertness levels.

#### ***Should children be punished for being in the RED Zone?***

It’s best for children to experience the natural consequences of being in the RED zone. If a child’s actions/choices hurt someone or destroys property, they need to repair the relationship and take responsibility for the mess they create. Once the child has calmed down, use the experience as a learning opportunity to process what the child would do differently next time.

***Can you look like one Zone on the outside and feel like you are in another Zone on the inside?***

Yes. Many of us “disguise” our Zone to match social expectations. We use the expression “put on a happy face” or mask the emotion so other people will have good thoughts about us. Parents often say that their children “lose it” and goes into the Red Zone as soon as they get home. This is because children are increasing their awareness of their peers and expectations when in the classroom. They make every effort to keep it together at school to stay in the Green Zone. Home is when they feel safe to let it all out.

***It is important to note that everyone experiences all of the Zones – the Red and Yellow Zones are not the ‘bad’ or ‘naughty’ Zones. All of the Zones are expected at one time or another.***

**Where can I find out more about *The Zones of Regulation?***

[www.zonesofregulation.com](http://www.zonesofregulation.com)

[www.weareteachers.com/zones-of-regulation-activities](http://www.weareteachers.com/zones-of-regulation-activities)

<https://www.theottoolbox.com/?=zones+of+regulation>

[The Zones of Regulation – An Overview of The Zones for Parents \(hes-extraordinary.com\)](http://hes-extraordinary.com)