

Dear Parents/ Carers,

This academic year we have introduced the Zones of Regulation as a whole school approach.

What are the Zones of Regulation?

Zones of Regulation is an approach used to support the development of self-regulation in children. Different ways children feel and the states of alertness they experience are categorised into four coloured zones. Children who are well regulated can be in the appropriate zone at the appropriate time.

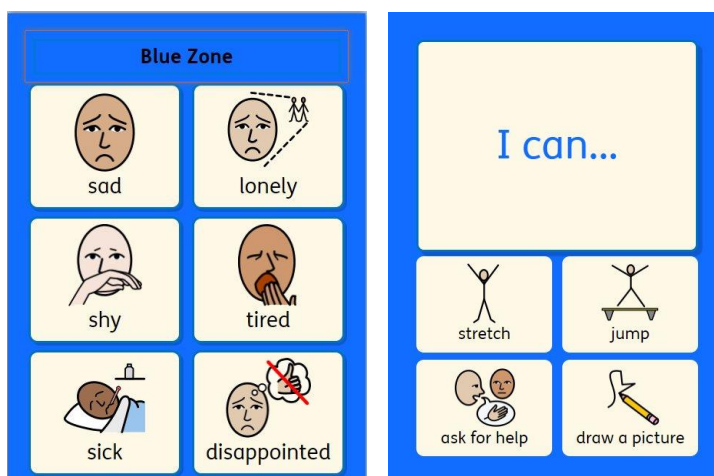
Why Teach Self-Regulation?

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of the Zones of Regulation.

Sorting Our Emotions into Four Zones

Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique with in our brains and bodies. To make them easier to talk about, think about, and regulate, the Zones of Regulation organises our feelings, state of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.

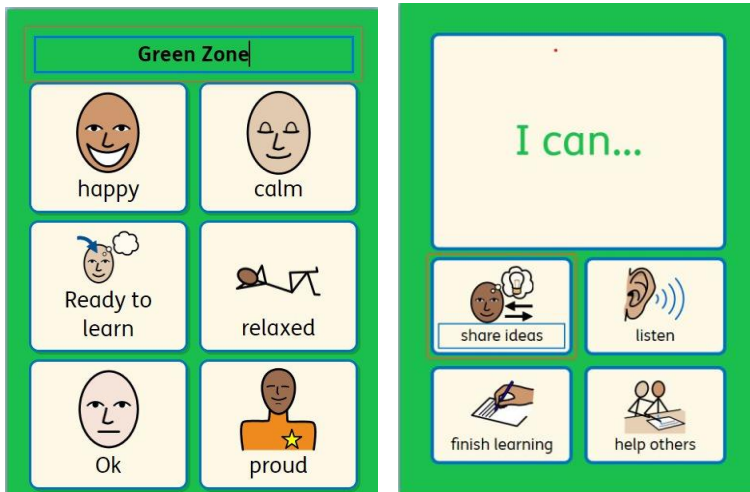
The Four Zones



The **blue zone** means your body is running slow.

When in the blue zone we often need to rest and recharge to meet our goals.

We can regulate by seeking comfort, energizing, or relaxing. If we are feeling sick in the Blue Zone, we may need to rest. If we are feeling tired, we may need to energize (depending on the context). If we are feeling sad, we may need to ask for help. In all these situations, the common theme is noticing our lower energy and/or down feelings and options for managing them.

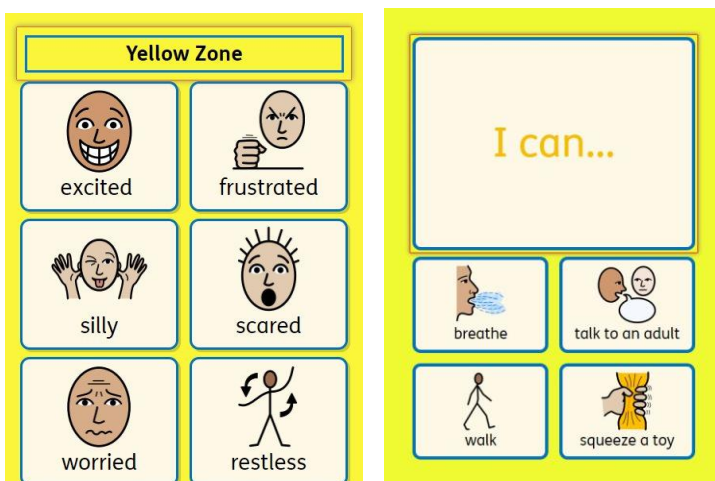


The **green zone** describes a calm, alert state. It's like a green light 'good to go' or 'feeling fine'.

We may be feeling happy, focused, calm, proud, or relaxed.

The nervous system feels safe, organized, and connected in the green zone, helping us be primed to learn. However, we can learn in other zones too.

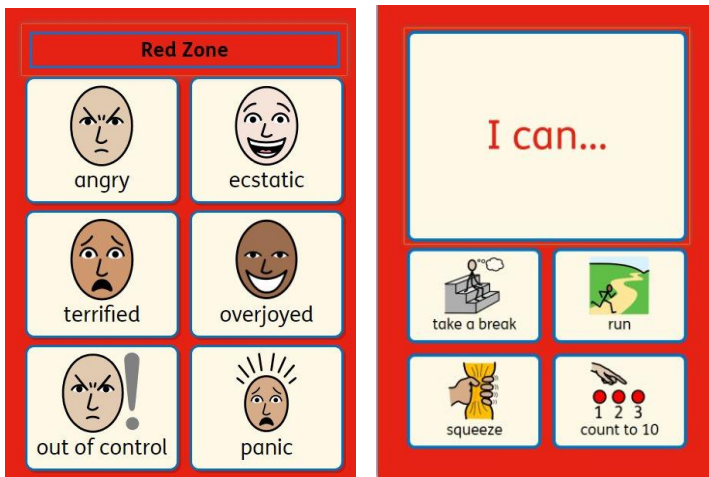
When in the green zone we regulate by using tools and strategies that keep us moving forward comfortably. In the green zone, we might regulate by choosing to share ideas, listen, help others or finish off what we are doing comfortably. These restorative actions help us proactively care for ourselves so we can move forward with ease.



The **yellow zone** describes when our energy is higher, and our internal state starts to elevate.

Our emotions get a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, be overwhelmed, or have the wiggles, when in the yellow zone.

In the yellow zone we may need to take action to manage our energy and feelings as they get stronger. For example, if we are feeling energetic at the lunch table it helps to take deep breathes, so we do not spill something. If we are frustrated, we might decide to take a break and go for a walk, so that we do not do or say something we will later regret.



The **red zone** describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response.

We may feel ecstatic, overjoyed, anger, devastated, out of control, panicked, or terrified when in the red zone.

When in the red zone we might need to pause and assess if we need to regulate and gain a sense of control of our strong feelings and high energy. For example, if we are feeling angry it may help to pause and count to 10 before we act or take a break and run if off.

How You Can Support Your Child 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 yellow zone I may have butterflies in my stomach or have sweaty palms (if feeling anxious).
- Then discuss what might they be doing- what might this look like e.g., in yellow zone would they be pacing around, snapping at others, fidgeting?
- Then discuss how they might move themselves into a more appropriate zone e.g., the green zone for learning or blue zone for sleeping.
- Talk about what zone you are in during different times of the day.

Remind your child 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**- however our success in regulating our emotions depends on us recognising our emotion, understanding it and putting a support strategy in place. Using the same language or visuals at home and school will develop a deeper understanding of the zones and strategies they can use.

For more information and resources about Zones of Regulation visit;

<https://zonesofregulation.com/>

