



SANDWICK JHS

Parent Information

At Sandwich Junior High School, we are committed to supporting your child's emotional development and wellbeing. One of the key ways we do this is through an approach called The Zones of Regulation—a widely used and highly effective programme that helps children understand and manage their emotions.

What are

The ZONES of Regulation® ?

The Zones of Regulation is a framework that teaches children to recognise their feelings, develop coping strategies, and manage their behaviour in a way that supports their learning and relationships. It uses four colour-coded zones to help children identify their level of alertness and emotional state:

- Blue Zone – low energy emotions like sadness, tiredness, or boredom
- Green Zone – calm, focused, and ready to learn (the ideal zone for school)
- Yellow Zone – heightened emotions such as anxiety, excitement or frustration
- Red Zone – intense feelings like anger, panic, or overwhelm

We teach children that all zones are okay – emotions are normal and part of life. The goal is to help them recognise which zone they're in and choose strategies to help themselves feel calm, focused, and ready to engage.



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How The **ZONES** of Regulation[®] are used in school.

Each class uses the Zones in age-appropriate ways, helping pupils to:

- Name and talk about their feelings
- Understand how different factors (like tiredness or hunger) affect emotions
- Build empathy for others
- Develop problem-solving and resilience
- Create a personal 'toolkit' of calming or alerting strategies

How can you support at home?

- Talk about your own emotions using the Zones language (e.g. "I'm feeling a bit in the Yellow Zone today")
- Help your child identify their zone and use tools like deep breathing, movement, or quiet time to feel better
- Praise your child when they share how they're feeling or use a helpful strategy
- Consider creating a calm box at home with sensory tools or comfort items

For more information, you can visit:

- www.zonesofregulation.com
- <https://www.theottoolbox.com/zones-of-regulation-activities/>



The Zones of Regulation®



BLUE ZONE

Sad
Sick
Tired
Bored



GREEN ZONE

Happy
Calm
Focused
Relaxed



YELLOW ZONE

Frustrated
Worried
Silly
Excited



RED ZONE

Angry
Terrified
Elated
Out of Control