

# The Zones of Regulation

At Whiteness Primary School we are using the zones of regulation as a whole school approach.

The Zones of Regulation is an intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports activity, they would need to have a higher state of alertness than when, for example, they were working in a library.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them to identify their emotions and cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

## What are the different zones?

**Blue:** low states of alertness; not ready to learn; feels sad, sick, tired, bored, moving slowly.

**Green:** calm state of alertness; feeling calm, happy, focussed or content. This zone is generally needed for school work, being social and ready to learn. It shows control.

**Yellow:** heightened state of alertness, but with some control (such as when experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion - slightly elevated emotions (being fidgety, wiggly, squirmy or sensory seeking). Starting to lose some control.

**Red:** extremely heightened states of alertness or very intense feelings (such as feeling anger, rage, and explosive behaviour, panic, terror or elation). Not being in control of one's own body.

## We aim to help children to:

- Recognise when they are in the different Zones.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones, thus 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 calming and alerting strategies that support them (known as their personal 'toolkit').

The **ZONES** of Regulation®

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

## How can you help your child use the Zones of Regulation at home?

- 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.")
- Modelling - Talk about what tool you will use to be in the appropriate zone (e.g. "I need to take four 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?")
- Engage your child in discussion around zones when they are more regulated / calm.
- Teach your child which tools they can use. (E.g. "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone.")
- Use the tools on the check-in cards provided to help them self-regulate.

- Regular check-ins. "How are you feeling now?" and "How can you get back to Green?"
- Share how their behaviour is affecting your Zone.  
E.g. 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 and encourage your child when they share which Zone they are in.

## Where can I find out more about the Zones of Regulation?

- [www.zonesofregulation.com](http://www.zonesofregulation.com)
- The Zones of Regulation App (Apple Store or Play Store)
- <https://www.theottoolbox.com/zones-of-regulation-activities/>
- <https://parentswithconfidence.com/calm-down-strategies-for-kids/>