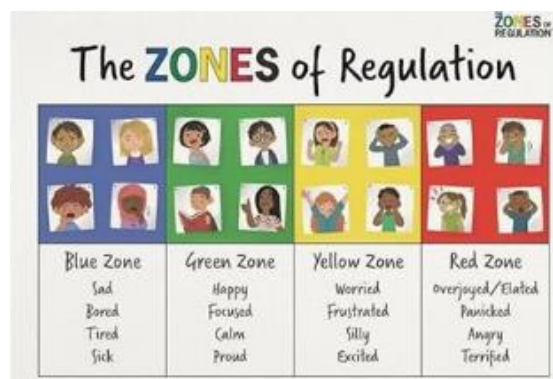


What is Zones of Regulation?

'**The Zones of Regulation**' is a framework used to teach young people self-regulation.

It enables young people to categorise complex feelings and can improve their ability to identify their feelings, communicate how they are feeling and recognize the feelings of others.

It can also support young people by giving them strategies and tools to help them move between the zones and regulate their feelings.



Useful information

- There are no 'bad' zones. It is natural to experience all four zones throughout the day.
- It is possible to be in more than one zone at a time.
- Some emotions can fall into more than one zone.

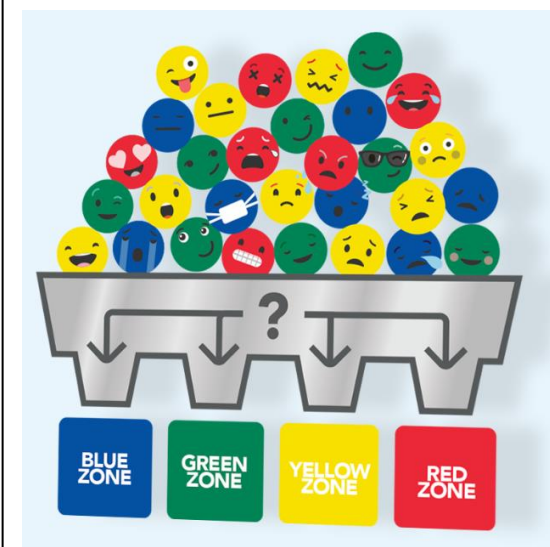
If you would like further information or require any support in using **Zones of Regulation**, please see your class teacher and the useful link below.

Useful link

www.zonesofregulation.com



The ZONES Of Regulation



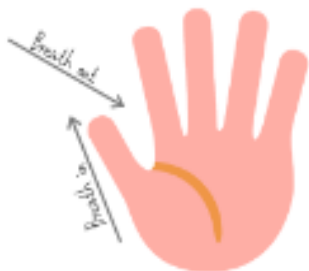
Understanding the zones

The Blue Zone describes a low state of alertness or 'down' feelings such as; when you feel sad, tired, sick, hurt, lonely or bored.

The Green Zone describes a calm, alert state. A person in this zone is described as being happy or content. This is the optimal zone for learning.

The Yellow Zone describes a heightened state of alertness. A person may be experiencing stress, excitement, frustration, anxiety and more.

The Red Zone describes a state of extremely high energy and intense, overwhelming feelings that are harder to control. A person may feel rage, anger, fear or over stimulated excitement or elation.



Strategies and toolkits

Below are some strategies to enable children to move between zones in an achievable and safe way.

Blue to **Green** –

- Go for a walk to wake up
- Have a stretch
- Get a drink of water
- Tell someone how you feel
- Think happy thoughts

Yellow to **Green** –

- Count to 20
- Breathing strategies
- Think about a safe place

Red to **Green** –

- Stop what I'm doing
- Take a walk
- Ask for a break
- Count to 20
- Finger breathing
- Talk to a trusted adult

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, for example '*I'm frustrated. I think I am in the yellow zone.*'
- Discuss which zone a character in a film or in a book might be in.
- Regular check-ins. Ask '*how are you feeling now? What would help you get back to green?*'
- Praise and encourage your child when they share which zone they are in.

Lazy 8 **Breathing**

