

# The ZONES of Regulation®

The zones of regulation is an excellent tool to support children in self-regulating their feelings. We all struggle at times with our feelings and how to support ourselves and children find this even harder. You might start to feel angry about something that has happened and do something to calm yourself or change the situation but a child doesn't have a bank of strategies to support themselves... they need to learn how to regulate their feelings.

The ZONES are designed to help children recognise when they are in different zones as well as learn how to use strategies to change or stay in the zone they are in.

The feelings are categorised into four easy to follow zones and at Woldham All Saints we use the inside out characters to help represent them. It is important to know that it is ok to have any of the feelings in these zones but to know how to 'get back to green':

BLUE	GREEN	YELLOW	RED
			
<b>I AM:</b> Sad Sick Sleepy Bored Moving Slowly	<b>I AM:</b> Good to Go! Happy Calm Focused Ready to Learn!	<b>I AM:</b> Frustrated Worried Scared Silly Excited	<b>I AM:</b> Angry Mean Out of Control Yelling I need some space
<b>I CAN TRY:</b> Getting a drink Talking to a friend Taking a break	<b>I CAN TRY:</b> Helping a friend Doing my best work Be a leader	<b>I CAN TRY:</b> Getting a drink Eating a snack Stretching	<b>I CAN TRY:</b> Breathing Strategies Counting to 100 Squeezing a ball

You can support your child by doing the following:

Use the language and talk about the concepts of The ZONES as they apply to you in a variety of environments.

Make comments aloud so your child understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, "This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths."

To help both of you use the zones effectively you can come up with a toolbox of strategies to help you 'get back to green' together, some examples are:

- Breathing exercises
- Blowing bubbles

- Counting backwards
- Tummy breaths
- Tense and relax muscles sequence
- Make a Calm jar
- Wall pushes
- Getting a drink
- Going for a walk
- Talking things through
- Positive book – what went well today, photos, record of excellent work, letter to self

If your child doesn't want to tell you what zone they are in, they can show you with coloured cards or other resources that we have included with this letter. A quick reminder for your child below:

## Remember!

- It's ok to be in any zone.
- Can you do something about it?
- If not ask for help.

Check your zone throughout the day...

Which zone are you today?



If you need any more support or information about the zones of regulation please let us know.

Mrs Skinner.