Zones of Regulation

Zones of Regulation is used to teach children self-regulation and emotional control as well as problem-solving skills, to support children's social, emotional and mental health.

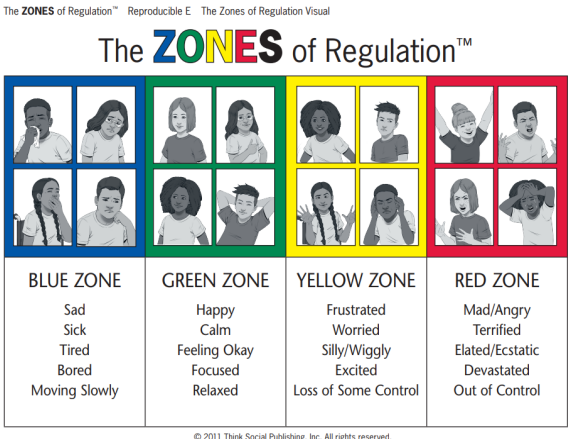
As part of our commitment to supporting children's wellbeing and social, emotional and mental health we use **The Zones of Regulation** across the school. All teaching staff have received Zones of Regulation training.

The Zones of Regulation is a practical and child-friendly framework that helps children to:

- understand their feelings
- understand how their feelings may impact their behaviour
- develop strategies to help them to regulate their emotions

It teaches children that all feelings are ok and that people experience different feelings throughout the day.

Children are taught about different feelings through learning about different zones.



A guide to the different zones

The Zones of Regulation organises our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red.

Zones of Regulation video

The different zones can be explained by watching this official Zones of Regulation Video.

https://zonesofregulation.com/

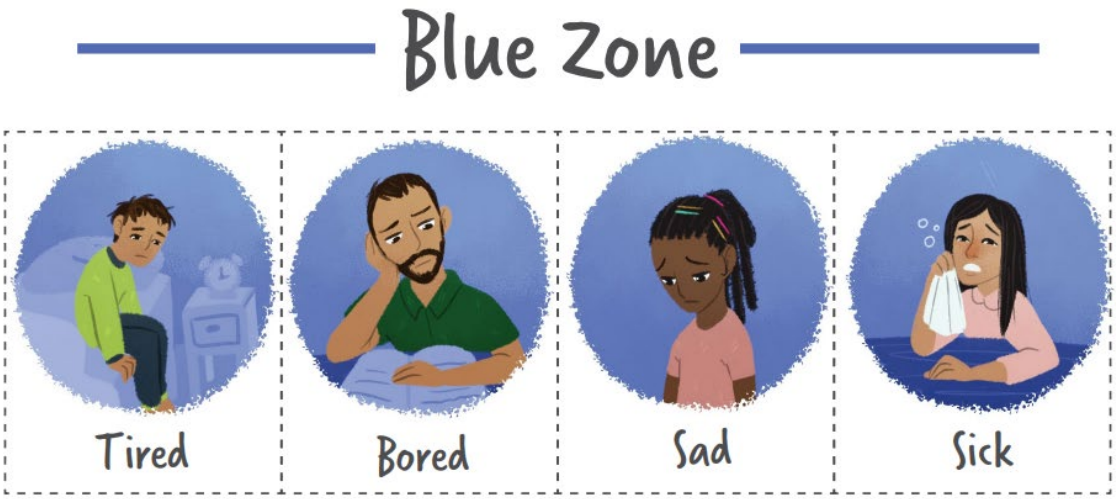
The Green Zone

If we are in the Green Zone we are in a calm state. In the Green Zone we are ready to learn and try new things.

The Yellow Zone

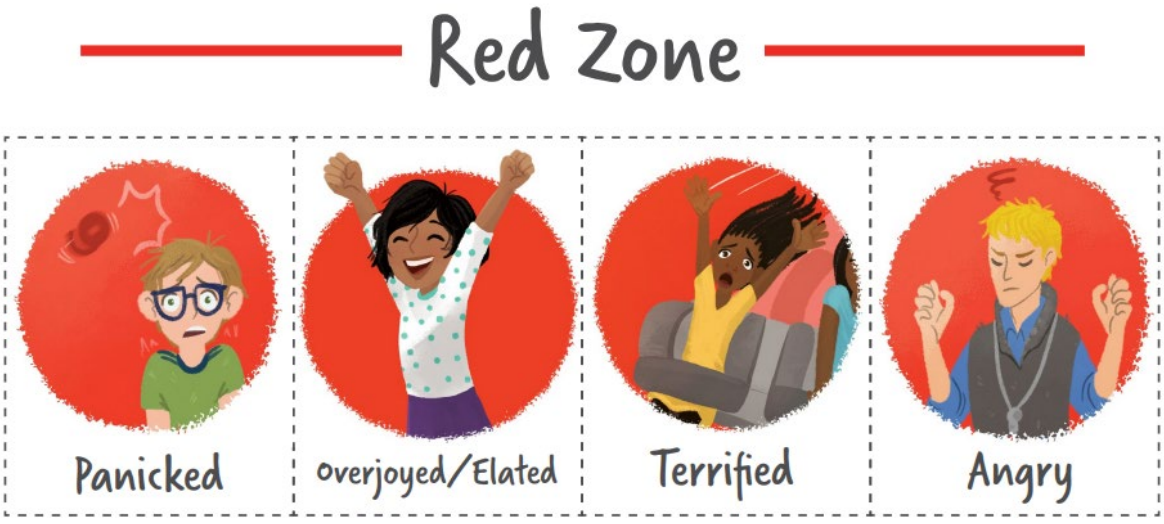
If we are in the Yellow Zone we may have elevated emotions. The Zones of Regulation provides a toolkit of calming strategies to support the children whilst they are in the Yellow Zone.

The Blue Zone



If we are in the Blue Zone we may have low levels of enthusiasm and engagement. The Zones of Regulation provides a toolkit of alerting strategies to support the children whilst they are in the Blue Zone.

The Red Zone



Whilst in the Red Zone you display an extremely heightened state of emotions. If you are in the Red Zone you may feel a loss of control.

Although the Zones of Regulation provides a toolkit of calming strategies to support the children whilst they are in the Red Zone they may need access to a quiet space and time to calm down before they will engage with any strategies.

How do we implement the Zones of Regulation in school?

We implement the Zones of Regulation through regular check ins throughout the school day. These are typically visual check ins on an interactive display within the classroom. Children are welcome to move their name or picture between the different zones during the day indicating to the adults within their classroom that they may need support. Adults respond to the checks by offering calming or altering activities.

Regular classroom discussions and PSHE lessons explore the different zones and how these feelings may be felt in our bodies.

Some children may prefer to use a desk-based Zones of Regulation check in rather than the classroom display. We offer a flexible approach based on the child's individual needs.

Zones of Regulation classroom resources

To support emotional regulation all classrooms, have Zones baskets which are filled with activities and books.

Adults support children to choose a regulation activity from a basket to support emotional regulation.

There are lots of different age-related activities for children to complete the deepen their understanding of emotions and to support their emotional regulation.

By consistently teaching children the Zones of Regulation throughout their school journey we hope that children will develop the emotional skills needs to thrive now and in the future.

How can I support at home?

You can support your child at home by:

Supporting your child to name feelings and to describe how they may feel in their bodies

Discussing your child's emotions and the Zone they may be in

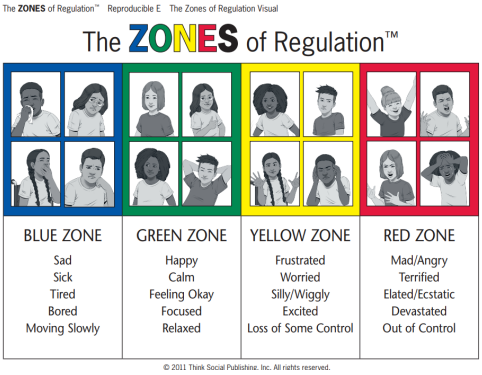
Use the Zones of Regulation images to help your child share how they are feeling if they struggle to do this verbally

Talking about your emotions and what Zone you may be in

Modelling how you move between the different Zones during the day

Supporting your child to use emotional regulation strategies at home

Identify any triggers for the different Zones



Further information

If you would like further information about Zones of Regulation please visit:

- The Zones of Regulation Website

https://zonesofregulation.com/

- NHS Zones of Regulation Information Sheet

https://www.nhsborders.scot.nhs.uk/media/1001858/Zones-of-Regulation.pdf

- Just One Norfolk Zones of Regulation

https://www.justonenorfolk.nhs.uk/nd-digital-library/social-emotional-development/zones-of-regulation/

- Norfolk County Council

https://www.schools.norfolk.gov.uk/article/71369/Zones-of-Regulation-OMG