

## What Are the Zones of Regulation?

The **Zones of Regulation** is a framework used to teach children how to identify and regulate their emotions.

There are four zones, each representing a different emotional state:

- **Blue Zone:** Low energy or sadness (e.g., feeling tired, sad, or bored)
- **Green Zone:** Calm, focused, and happy (ideal for learning and engaging)
- **Yellow Zone:** More intense emotions like frustration, anxiety, or excitement
- **Red Zone:** Very intense emotions such as anger, rage, or terror (harder to control)

Each zone helps children recognize their emotions and understand how they can manage them.

The **ZONES** of Regulation<sup>™</sup>

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

## How Are the Zones of Regulation Embedded at School?

At Radford Semele C of E Primary School, we teach the Zones of Regulation progressively across all year groups:

- **Early Years (Reception):** Children begin by identifying emotions using **coloured visuals** and **simple stories** to help them recognize the different zones.
- **Key Stage 1 (Years 1 and 2):** Children learn about **why** they may feel certain emotions and begin using **calming strategies** like deep breathing or taking breaks.
- **Key Stage 2 (Years 3 to 6):** Students gain independence by self-monitoring their emotional states and using **self-regulation techniques** like mindfulness or positive affirmations/self-talk.

## Self-Regulation Strategies Used in School:

- **Zones Check-ins:** Children regularly check in with how they're feeling at the beginning of the day or after a transition period. This builds emotional awareness.
- **Emotion Coaching:** We help children understand their emotions and guide them through strategies to manage them. For example, instead of saying "calm down" when a child is angry, we may say, "I see you're feeling angry. Let's talk about what we can do to help you feel better."
- **Calming Tools:** Students have access to resources like **fidget toys**, **calm-down corners**, and **breathing exercises** to help them manage their emotions.
- **Role-Playing:** We use role-playing and **social stories** to help children practice problem-solving and dealing with their emotions in different scenarios.

## What Is Emotion Coaching?

**Emotion Coaching** is an important technique we use both at school and recommend for use at home. It involves:

- **Validating** your child's feelings by acknowledging them (e.g., "I see you're feeling upset, and that's okay").
- Helping them understand their emotions and why they may be feeling that way.
- **Guiding them** through strategies to manage their feelings, such as taking deep breaths or having a quiet moment.

Emotion coaching helps children feel understood and builds emotional resilience over time.

## How Can You Support Your Child at Home?

Here are some simple ways you can reinforce the Zones of Regulation at home:

1. **Talk About Emotions:** Use the **Zones** language with your child. Ask them which zone they're in and discuss their feelings.
2. **Create a Zone Chart:** Make a simple chart at home with the coloured zones and associated emotions. This will help your child identify their feelings more easily.
3. **Practice Calming Strategies:** Teach your child calming techniques like deep breathing, counting, or using a stress ball when they are in the Yellow or Red Zones.
4. **Praise Emotional Awareness:** Celebrate when your child identifies their emotions or uses a self-regulation technique. Positive reinforcement encourages them to continue practicing.
5. **Be Consistent:** Consistent language and strategies at home will help your child build emotional intelligence. Use the same vocabulary as we do at school.

