



The **ZONES** of
Regulation[®]

WELCOME PARENTS!

Mrs Jones SENDCo

Miss Mannion Learning Mentor

Zones of Regulation



This year, across school from Nursery-Year 6, all classes are using The Zones of Regulation to teach and support our children with their emotional development and understanding. Through using the Zones of Regulation language and concepts, we hope to develop strong emotional literacy in our children, starting with early social/emotional skills and advancing on to self-regulation skills, giving the children strategies to navigate the different social situations of life.

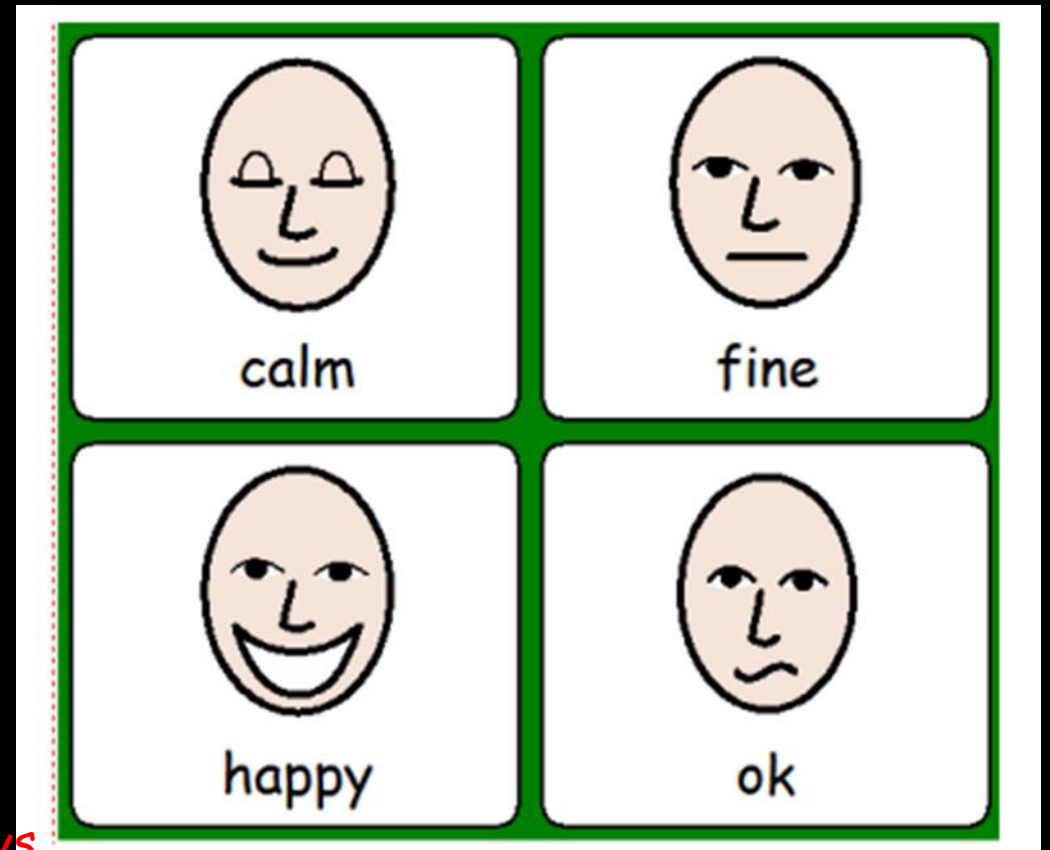
The Zones of Regulation categorise our physical and emotional feelings into four, clear, coloured, zones which pupils can easily identify. It is a very visual approach, that supports children to develop their understanding of emotions in themselves and in others, to understand how their emotions and behaviours impact everybody around them and which strategies they can use to support and manage their feelings.

THE GREEN ZONE

The Green Zone is used to describe a calm, level, neutral state of alertness.

A person may be described as happy, focused, content, or ready to learn when in the Green Zone.

This is the zone where optimal learning occurs.



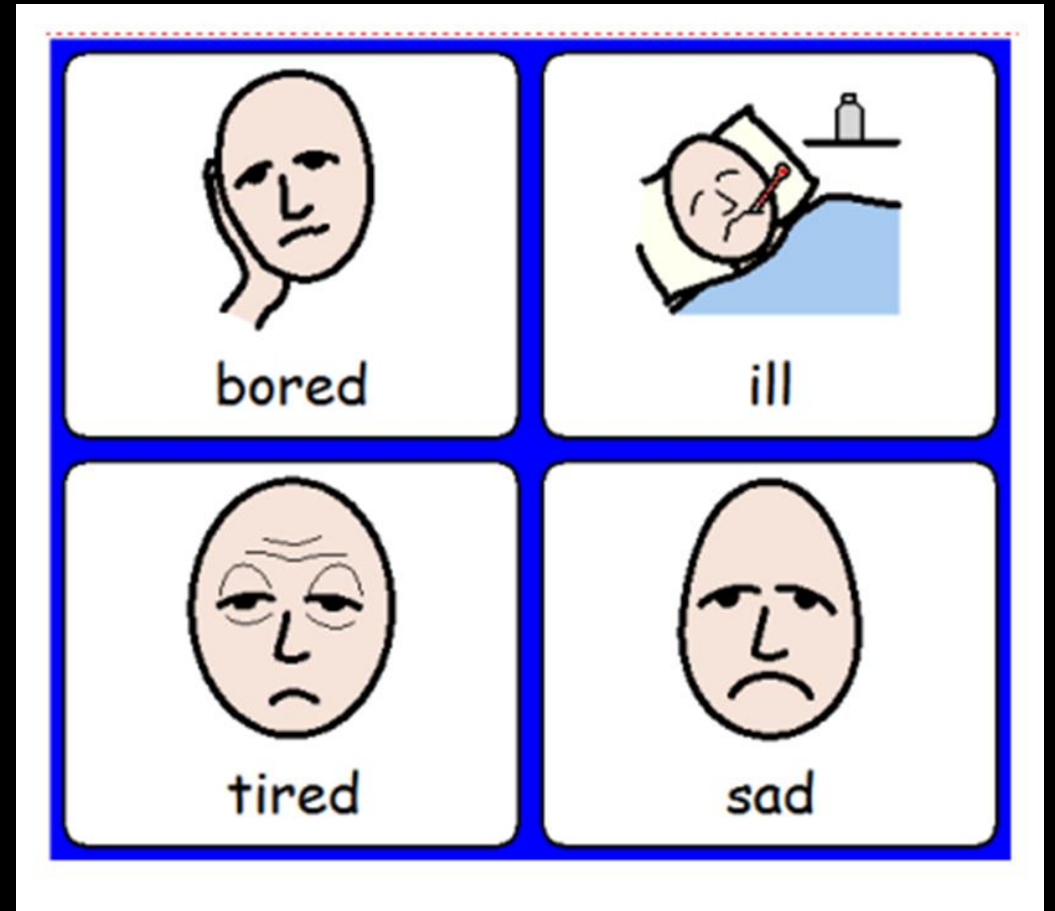
We should not reward being in the green zone, it is not always the expected Zone. All zones are appropriate in different situations.

THE BLUE ZONE

The Blue Zone is used when a person is feeling low states of alertness or arousal.

When you're in the blue zone you may be feeling down - sad, sick, tired, or bored.

You're still in control, as you are in the yellow zone, but with low energy.

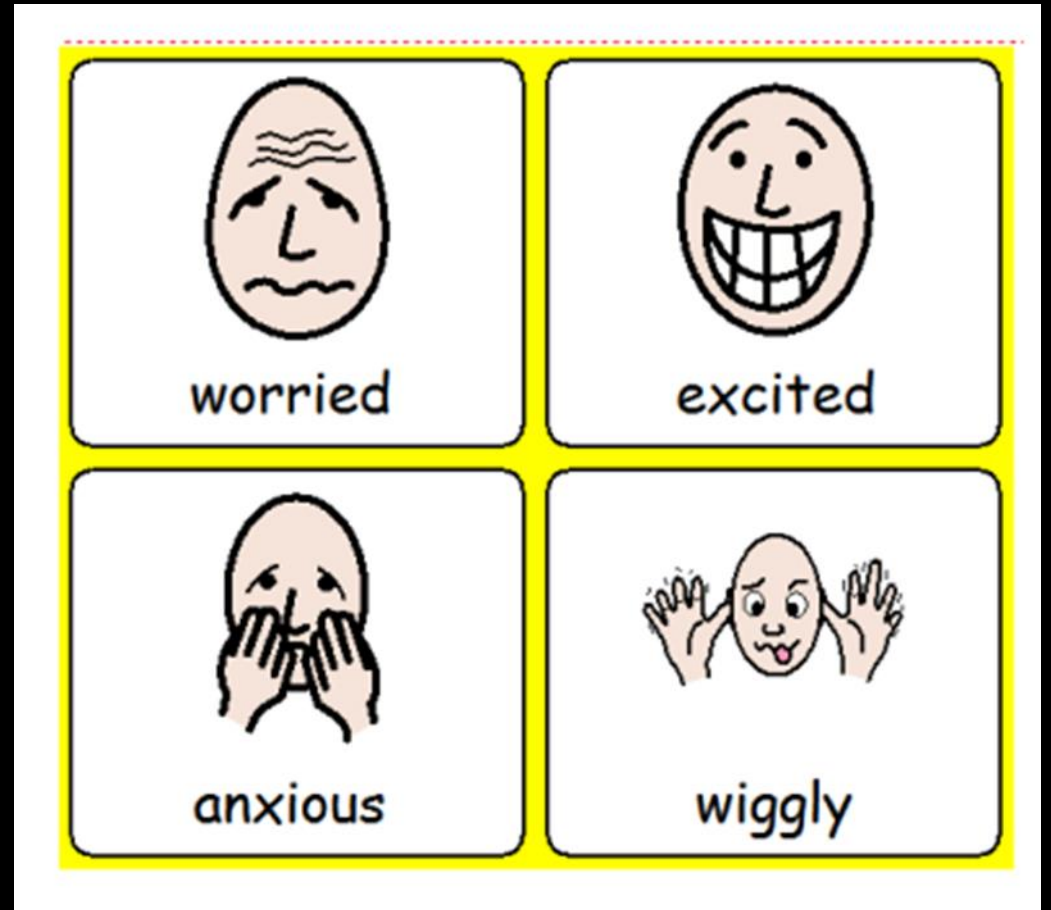


THE YELLOW ZONE

The Yellow Zone is used to describe a heightened state of alertness and elevated emotions.

However, the child still has control over their emotions.

A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.



THE RED ZONE

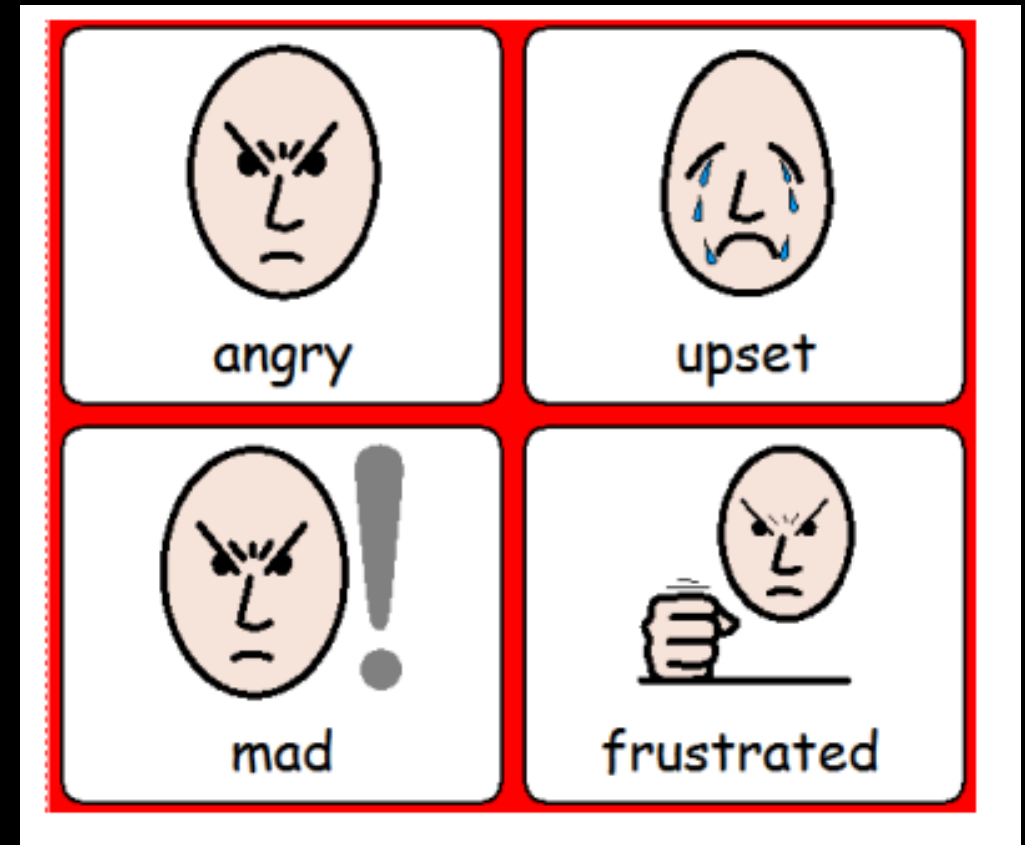
IT IS IMPORTANT TO REMEMBER...THE RED ZONE IS NOT A BAD ZONE!

None of the zones are bad they are all equal.

The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A child may not have control over their own emotions or behaviour if they are in the red zone.

A child may be elated or experiencing feelings of anger, terror, frustration, over excitedness, overjoyed etc.

These are perfectly normal to feel but what matters is **how** children learn to regulate, respond to and manage these strong feelings and high energy levels.



How are you feeling?

What **ZONE** are you in today?

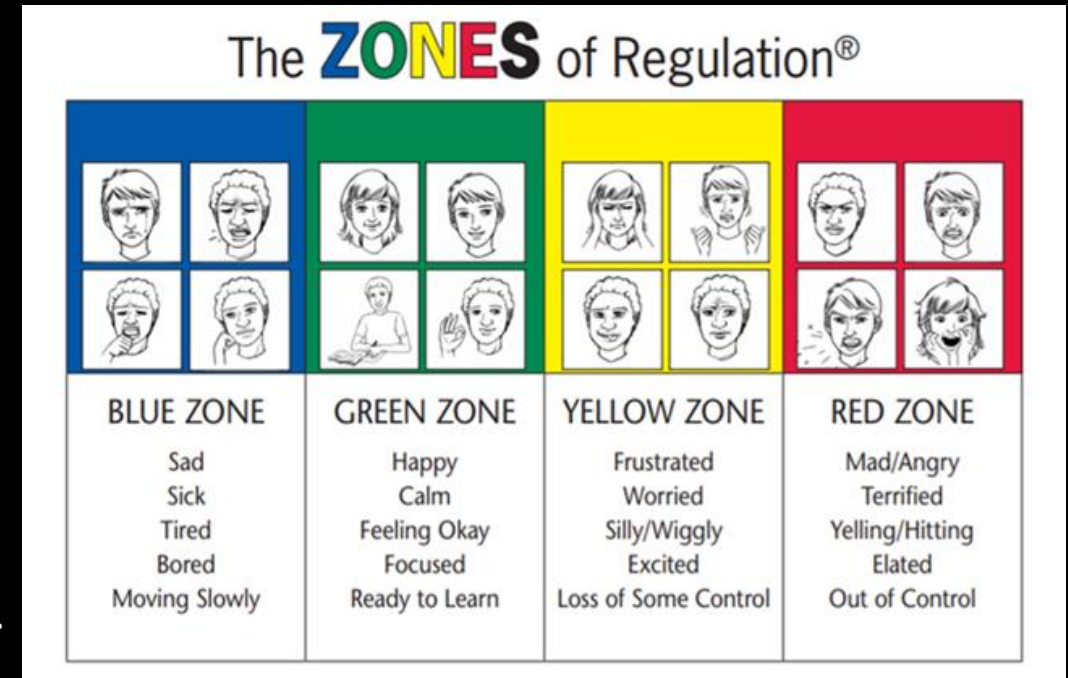


The Zones of Regulation

WHY DO WE USE ZONES?

To teach the children how -

- to identify which zone they or others are in.
- To link emotions to different energy levels.
- to recognise and communicate the different zones.
- to learn tools/strategies to stay in or move between zones.
- to identify their feelings as well as read others' facial expressions.
- to understand how their behaviours can influence others' thoughts, feelings and behaviours.
- to control emotions/impulses, manage sensory needs and improve problem-solving skills.
- to self-regulate their own feelings and in doing so, develop their own 'toolbox' of strategies to self-manage their bodies, thoughts and emotions.



WHAT IS SELF-REGULATION?

"...it is defined as the capacity to manage one's thoughts, feelings and actions in adaptive and flexible ways across a range of contexts."

Jude Nicholas, Clinical Neuropsychologist

To self regulate, we all need to...

- Regulate sensory need
- Regulate emotions
- Regulate impulses
- 'close the lid'

Role of the adult- school staff and parents. Help the child to "close their lid"



HOW CAN PARENTS SUPPORT CO-REGULATION AT HOME?

- Importance of modelling both emotions and coping strategies. "I am feeling a little anxious, in the yellow zone, a few deep breaths will help me feel calmer"
- Identify your own feelings using Zones language in front of the child "I'm feeling a little worried, I am in the yellow zone right now"
- Provide positive reinforcement when child is in the Green Zone and if they make efforts to stay in the Green Zone. "I can see you are working really hard to stay in the Green Zone by taking a break/ taking a deep breath"
- Talk about what tool you will use to be in the appropriate Zone. "I'm going to go for a walk, I need to get to the green zone"
- Label what zones the child is in throughout the day. "You look sleepy, are you in the blue zone?"
- Teach the child which Zones tools they can use. "It's time for bed, let's read a book together in the chair to get to the blue zone."
- Reference Zones Visuals or resources at home- use the resources on the school website.
- Develop your own 'toolbox' of strategies at home that you can all use.



EMOTION COACHING

Attend to the emotion
acknowledge somethings wrong

01

SAY

"Whoa! I can tell something's up right now"

Name the emotion
Put the emotion your child's experiencing into words

02

SAY

"You look really mad " or "you seem disappointed"

Validate the emotion

Remember - all emotions are valid, even if the behavior accompanying them is inappropriate.

03

SAY

"It makes sense that you feel [emotion] because [reason 1], and [reason 2], and [reason 3]"

Meet the Need of the Emotion
Help your child get through the emotion until it passes

04

SADNESS needs comfort
FEAR need safety & security
ANGER needs patience & boundaries

emotion coaching helps children learn feelings are normal, and they need to be experienced, not suppressed or avoided.

Step 1:

Be Aware of Emotions

Step 2:

Use Emotions to Connect

Step 3:

Label the Emotions

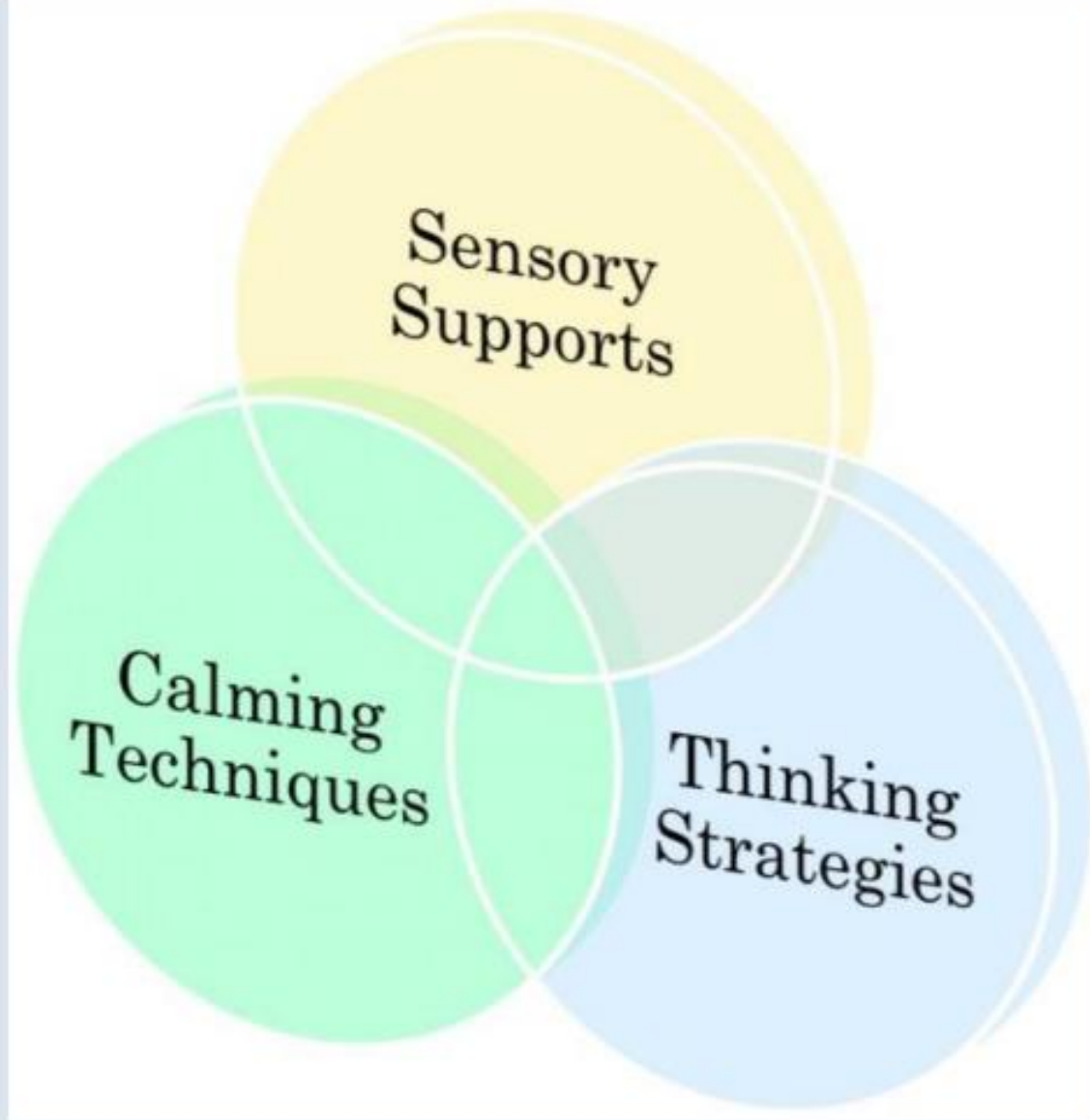
Step 4:

Communicate Empathy & Understanding

Step 5:

Set Limits & Teach Your Child How to Problem Solve

TOOLBOX OF STRATEGIES



SENSORY STRATEGIES

SENSORY

STRATEGIES:

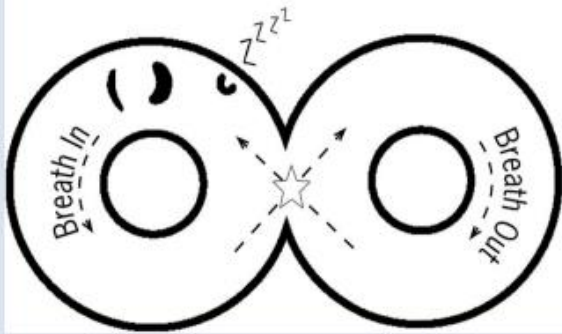
- Bear Hug
- Swing/rock
- Go for a walk
- Wall push ups
- Sucking smoothie through straw
- Chewy/crunchy foods (eg. thick slice of bread, carrot)
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline
- Blanket roll



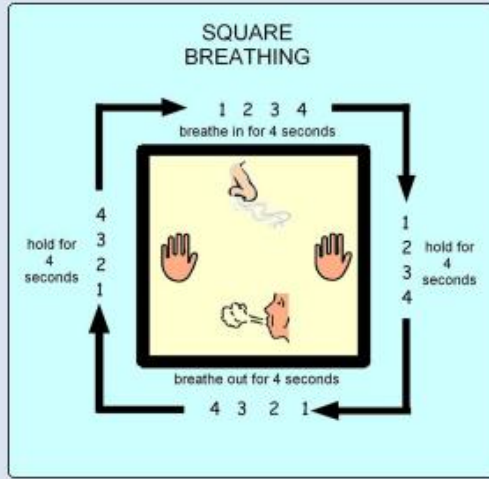
THESE ARE NOT A TREAT BUT A TOOL TO HELP
THE CHILDREN FEEL REGULATED.

CALMING STRATEGIES

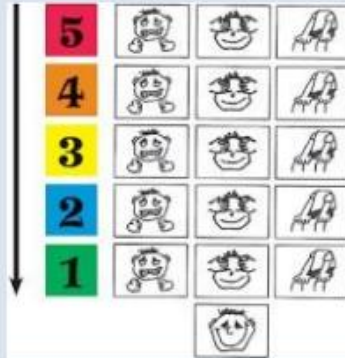
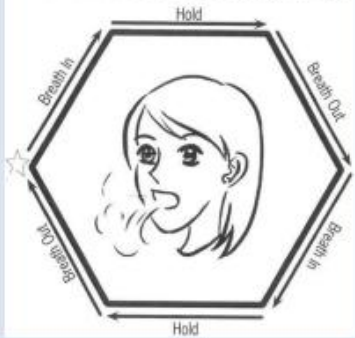
Lazy 8 Breathing



SQUARE BREATHING



The Six Sides of Breathing



CALMING ACTIVITIES

- Puzzles
- Listen to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Stack Rocks



WHAT CAN I SAY TO MYSELF?

INSTEAD OF... TRY THINKING....

I'M NOT GOOD AT THIS -WHAT AM I MISSING?

I'M AWESOME AT THIS -I'M ON THE RIGHT TRACK

I GIVE UP! -I'LL USE SOME OF THE STRATEGIES I'VE LEARNED

THIS IS TOO HARD -THIS MAY TAKE SOME TIME AND EFFORT

I CAN'T MAKE THIS ANY BETTER -I CAN ALWAYS IMPROVE; I'LL KEEP TRYING

I CAN'T DO MATH -I'M GOING TO TRAIN MY BRAIN IN MATH

I MADE A MISTAKE -MISTAKES HELP ME IMPROVE

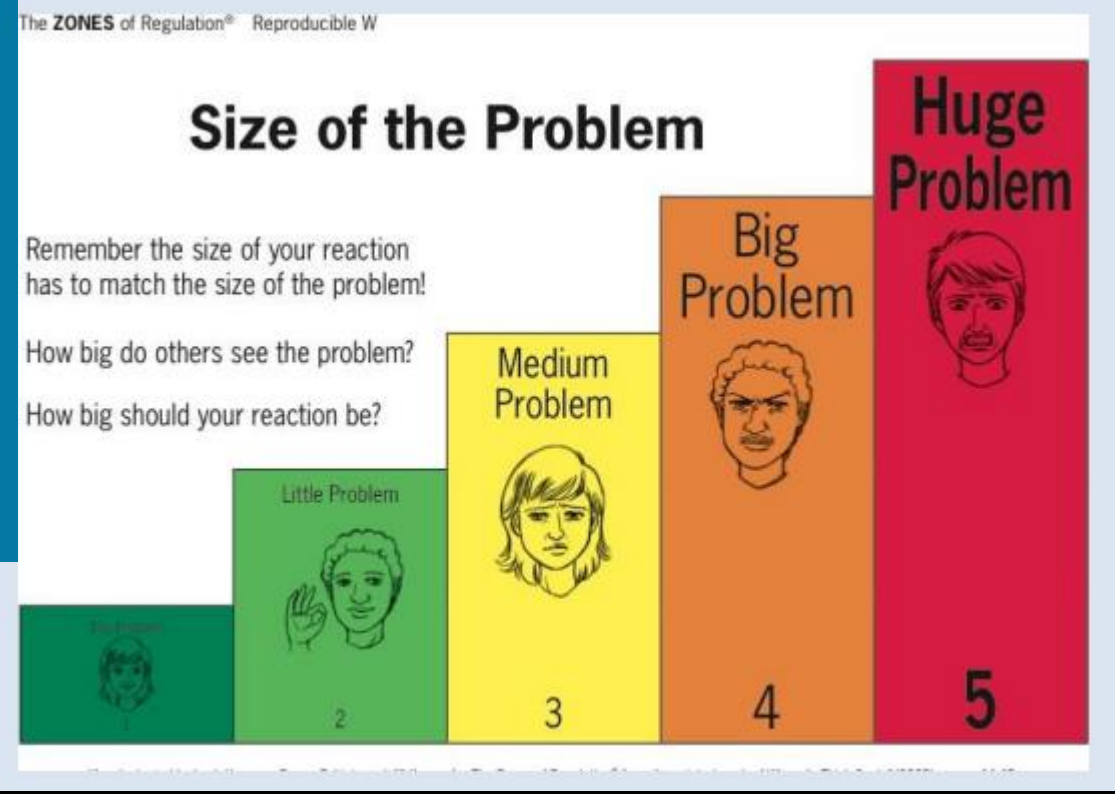
I'LL NEVER BE AS SMART AS HER -I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT

IT'S GOOD ENOUGH -IS THIS REALLY MY BEST WORK?

INNER COACH VS INNER CRITIC



MINDSETS



THINKING STRATEGIES

ZONES OF REGULATION

TOOLBOX

I'm in the...

 BLUE ZONE  <small>bored</small> <small>sad</small>	 GREEN ZONE <small>calm</small>	 YELLOW ZONE  <small>wiggly</small> <small>anxious</small>	 RED ZONE  <small>angry</small> <small>upset</small>
 <p>Talk to Adult</p>     	  	<p>Take deep breath</p>       	<p>Lay 8 Breathing</p>  <p>Deep Breathing Poses</p>   

OVER TO OUR PUPILS!

- Year 6 pupils will now demonstrate and explain some of the different tools and strategies they use in school to support each coloured zone.
- There is also a range of visuals and resources associated to each different zone.



- Thank you so much for coming, we really hope you have found the session useful and informative but most of all supportive.
- Mrs Jones and Miss Mannion will also now be around for any further questions, or email into the office.
- We would really appreciate your feedback- please look out for the QR codes on the tables.
- We will upload the slides and additional resources from today to the Inclusion section of the school website if you wish to look back over them.