



15th January 2023

Dear Families,

Behaviour: A Guide to Zones of Regulation

Within school we have begun to explore our emotions in more detail through the use of the 'Zones of Regulation', an internationally renowned intervention which helps children to manage difficult emotions (self-regulation). The aim of this letter is to give you, as parents and carers, an understanding of the intervention and the ability to use it at home if necessary.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear, or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies, also known as tools, to help them cope with these feelings so they can get back to feeling calm and ready to learn.

Life is 10% what happens to us and 90% how we react to it.
 -Charles Sindoll

At Park Spring Primary School, we are launching the Zones of Regulation throughout the whole school. We want to teach **all** of our children good coping and regulation strategies so they can help themselves when they experience various emotions. We want children at Park Spring to grow into successful teenagers then adults. Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative strategies which affect their mental and physical wellbeing.

What are the different zones? The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

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We will teach the children that everyone experiences all the Zones. For example, the red and yellow zones are not 'bad' or 'naughty' Zones. All the Zones are expected at one time or another and 'all the zones are okay'.

How will my child learn about the Zones of Regulation?

We will be introducing the Zones through discrete teaching lessons and throughout our curriculum. We will also be using the Zones language as part of daily school life so all staff will be referring to them, not just their class teacher. Through the learning, children will be exploring how they feel in the different zones and which strategies, also known as 'tools', they can use to support their regulation. The aim is that they will be able to independently use their 'toolkit' of strategies to best support their own self-regulation.

How can you help your child use The Zones of Regulation at home?

- Model the zones by identifying your own feelings using Zones language in front of your child (e.g. "I'm frustrated. I think I am in the Yellow Zone.")
- Talk about what tool you will use to be in the appropriate Zone (e.g. "I need to take four deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in or discuss which Zone a character in a film / book might be in. (e.g. "You look sleepy. Are you in the Blue Zone?")
- Regular Check-ins. "How are you feeling now?" and "what tool can you use to get back to Green?"
- If you wanted, you could put up visuals/posters of the zones at home for your child to refer to (these can be found on the school website under the parents section).
- Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- Praise and encourage your child when they share which zone they are in.

Common Questions related to 'Zones of Regulation'

Can my child be in more than one zone at the same time?

Yes. Your child may feel tired (blue zone) because they did not get enough sleep, and anxious (yellow zone) because they are worried about an activity at school. Listing more than one Zone reflects a good sense of personal feelings and alertness levels.

Should children receive consequences for being in the RED Zone?

It's best for children to experience the natural consequences of being in the RED zone. For example, if a child's actions/choices hurt someone, they need to repair the relationship and take responsibility. Once the child has calmed down, use the experience as a learning opportunity to process what the child would do differently next time.





Can you look like one Zone on the outside and feel like you are in another Zone on the inside?

Yes. Many of us “disguise” our Zone to match social expectations. We use the expression “put on a happy face” or mask the emotion so other people will have good thoughts about us. Parents often say that their children go into the Red Zone as soon as they get home. This is because children are increasing their awareness of their peers and expectations when in the classroom. They make every effort to keep it together at school to stay in the Green Zone. Home is when they feel safe to let it all out.

Where can I find out more about the Zones of Regulation?

www.zonesofregulation.com

www.weareteachers.com/zones-of-regulation-activities

<https://www.theottoolbox.com/?s=zones+of+regulation>

Please feel free to discuss the zones of regulation further if you have any questions or if you would like support with putting them in place at home.

Yours sincerely,

Mrs R Horan
Headteacher

