



Parents' Guide to Zones of Regulation

Cuddington & Dinton C of E School





At CDS we use the Zones of Regulation as a way to teach and support our children to manage and regulate their emotions.

What is it?

The Zones of Regulation is an approach which supports children in **managing their feelings**.

By categorising the different ways we can feel and states of alertness, children can be supported to **identify** their own feelings and understand how their **feelings can then affect their behaviour**.

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Why do we use it?

To teach our pupils:

- How to identify their feelings as well as read others' facial expressions.
- How to regulate their own feelings and in doing so, develop their own 'toolbox' of strategies to self-manage their thoughts and emotions.
- To problem solve and find positive solutions to different emotions.
- To start to understand how their behaviours can influence others' thoughts, feelings and behaviours.



The ultimate goal is for independent regulation.

The four zones:

ZONES OF REGULATION

Choose your **zone**. How are you feeling?

Blue	Green	Yellow	Red
			
<p>Sad Sick Tired Bored Moving slowly</p>	<p>Happy Calm Good to go Focused Ready to learn</p>	<p>Frustrated Worried Silly Anxious I need some help</p>	<p>Mad Angry Yelling / Hitting Out of control I need time and space</p>

The **green** zone.....the learning zone!!
We are expected to be in the **Green Zone** while
we are learning. It is when our brains and
bodies are relaxed and focused!

How does my body feel?

My energy level is "just right"

I am calm, focused and ready to learn!



How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

Happy

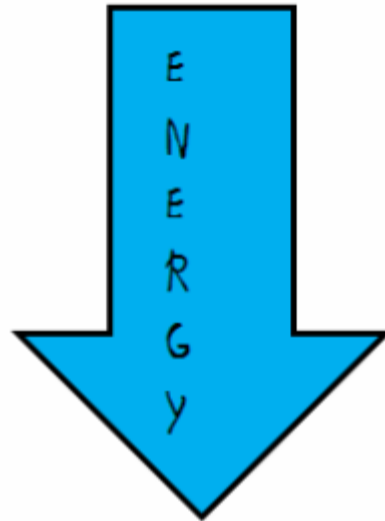


Focused

The Blue Zone

Being in the Blue Zone is great at certain times like just before bedtime or when we are watching the TV. We are running slow! It might also be that we are feeling tired or sad. This is not the best zone to be in for learning.

How does my body feel?



How does my brain feel?

REST
AREA



Tired



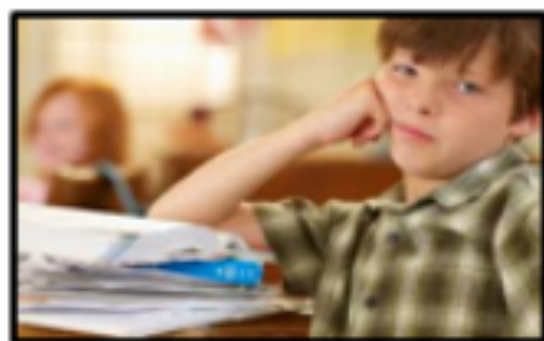
Hurt



BLUE ZONE FEELINGS



Sad



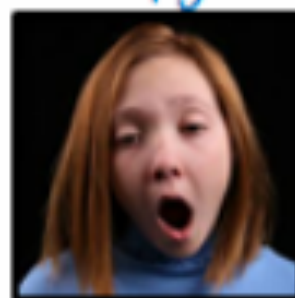
Bored

Lonely



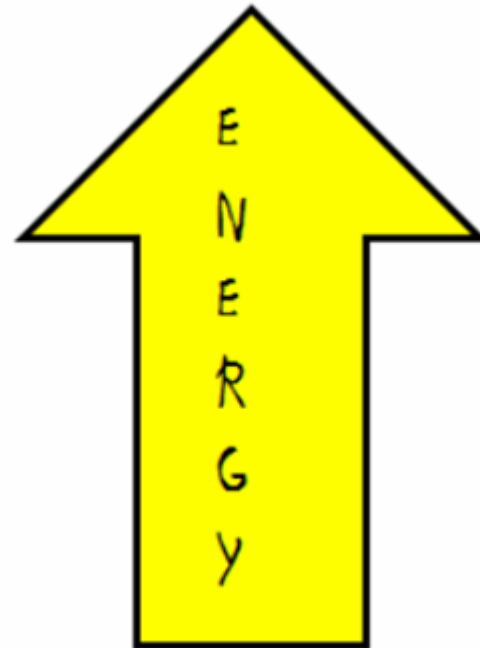
Sick

Sleepy



The **Yellow** Zone.....during play time,
lunch time and even at the end of the day,
it's expected for us to be in the **YELLOW**
ZONE!!

How does my body feel?



How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



Excited

Frustrated



Competitive

The **Red** Zone....when we are at school, the **red** zone is never expected! We must keep ourselves and others safe!

How does my body feel?



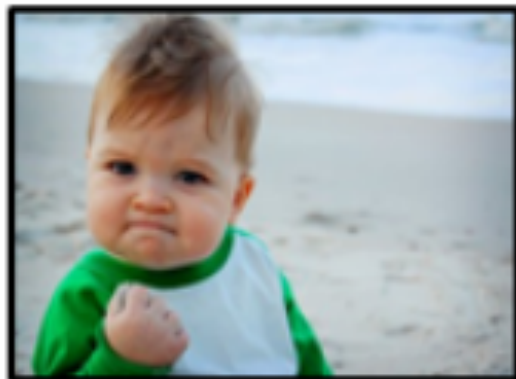
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive

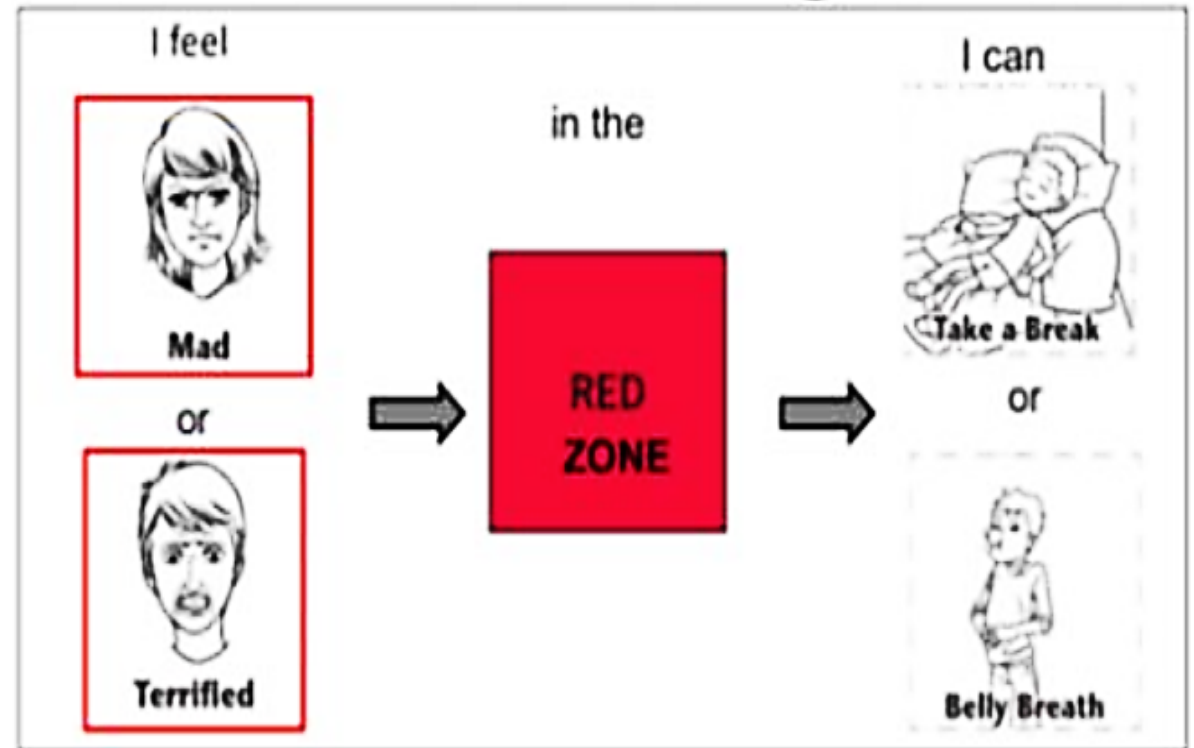


Angry

It is worth remembering...the Red Zone is not a bad zone!

In fact, none of the zones are bad!

The feelings of anger, terror, devastation etc are perfectly normal to feel but what matters is **how** children learn to regulate and manage these strong feelings.



ZONES OF REGULATION TOOLBOX



I'm in the...

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

ZONES OF REGULATION

TOOLBOX

I'm in the...

 BLUE ZONE  bored sad	GREEN ZONE	 YELLOW ZONE  wiggly anxious	 RED ZONE  angry upset
<ul style="list-style-type: none">• Positive thinking (inner coach – “You can do this!”)• Drink water• Stretches• Star jumps• Run• Eat something	<ul style="list-style-type: none">• I feel:• Happy• Focused• Calm• Ready to learn  calm	<ul style="list-style-type: none">• Positive thinking (inner coach – you can do this)• Talk to an adult• Think about the size of the problem – is it really that big?• Distract yourself – hand books out, deliver a message• Deep belly breaths• Sit and count to 10/other breathing activities• Standing push up against a wall	<ul style="list-style-type: none">• Deep belly breaths• Find a space to calm down• Talk to a trusted adult• Lazy 8 breathing – draw figure of 8 on palm: breath in on the circle, out as you cross over the midline).• Squeeze fists/sensory toy

How can the zones be used at home?

ZONES OF REGULATION

Choose your **zone**. How are you feeling?

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1. Check in with your children. Ask children how they are you feeling
2. Help them to identify which zone they are in.
3. Talk through strategies in their toolbox.

Thank you for staying today.
I hope it was useful.

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