
How will my child learn about the Zones?

The Zones of Regulation programme is advocated internationally and, more locally, by Surrey county advisors. Our school is introducing the programme across the school as part of the PSHE curriculum.

Whilst it will be introduced in discrete teaching sessions, the Zones language will be used as part of daily school life.

Some children prefer not to use the 'Zones language' but label the emotions directly - this is fine and encouraged!

How do I learn more about The Zones of Regulation?

- Visit our school website under parents/carers
- Visit the zones of regulation website <http://zonesofregulation.com/index.html>
- Contact your child's class teacher for more information
- Speak to Sandie Gordon (Inclusion Leader) 01276 469200



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A guide to The Zones of Regulation

The ZONES of Regulation®

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

Life is 10% what happens to us
and 90% how we react to it!

What is *The Zones of Regulation*?

The Zones of Regulation is a curriculum full of a range of activities to help your child develop skills in the area of self-regulation. Self-regulation can go by many names, such as self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when your child plays in a basketball game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.



Some of the aims of *The Zones of Regulation*

- To help children recognise when they are in the different zones and how to change or stay in the Zone they are in.
- To gain an increased vocabulary of emotional terms so that they can explain how they are feeling.
- To gain insight to events that might make them move into the different Zones eg. Disagreement with a friend, a certain subject being taught or a fire drill.
- To help children understand that emotions, sensory experiences, physiological needs (hunger / lack of sleep) and environments can influence which Zone they are in.
- To develop problem solving.
- To identify a range of different calming and alerting strategies/tools that support them. Tools identified may be personalised sensory supports eg. Use of putty at keytimes, calming techniques or thinking strategies.

Who is *The Zones of Regulation* for?

We need to teach ALL of our children good coping and regulation strategies so that they can help themselves when they experience emotions such as anxiety or stress. Teaching children these tools at a young age will support them in later life.

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

