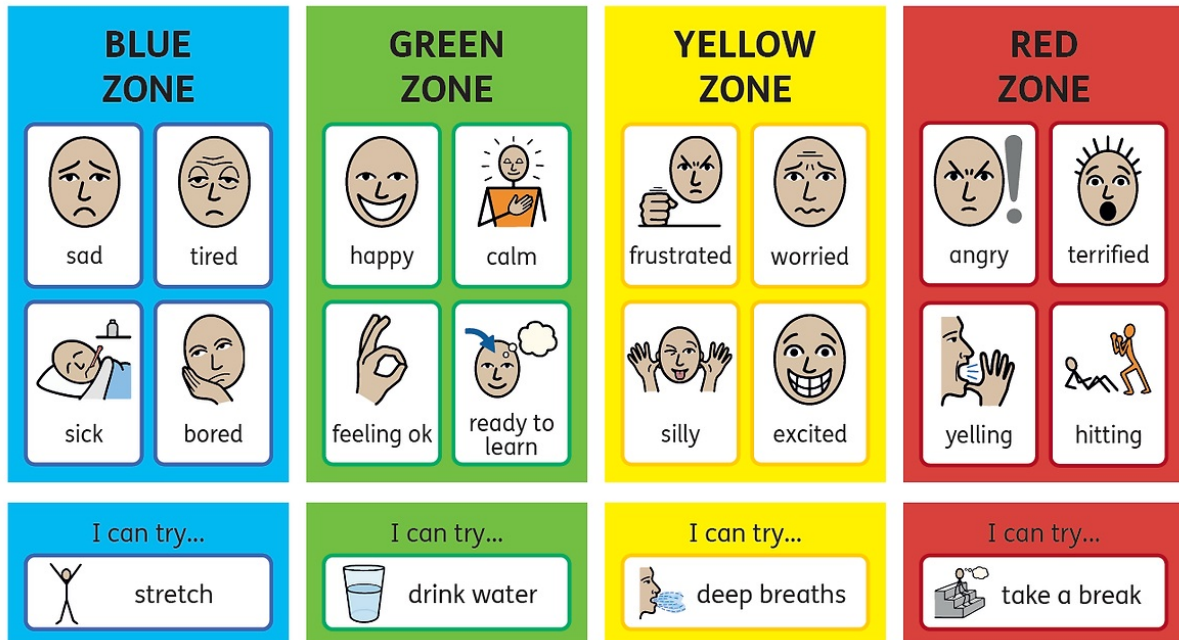


# Zones of Regulation

We are very excited to be launching 'Zones of Regulation' across the school from November 2023. We hope that this will help our children to learn how to recognise and manage their difficult emotions in a safe way.



## What is 'Zones of Regulation' Intervention?

Zones of Regulation is an internationally-renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self management'. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were working in a library. 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. Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'. At Co-op academy New Islington, we are launching 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 anxiety and stress.

In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. By teaching them how to recognise, validate and cope with these feelings, we might make them better at tackling learning challenges and build better resilience so they don't give up so easily when faced with difficulty. We want our children to grow into



## What are the different Zones?

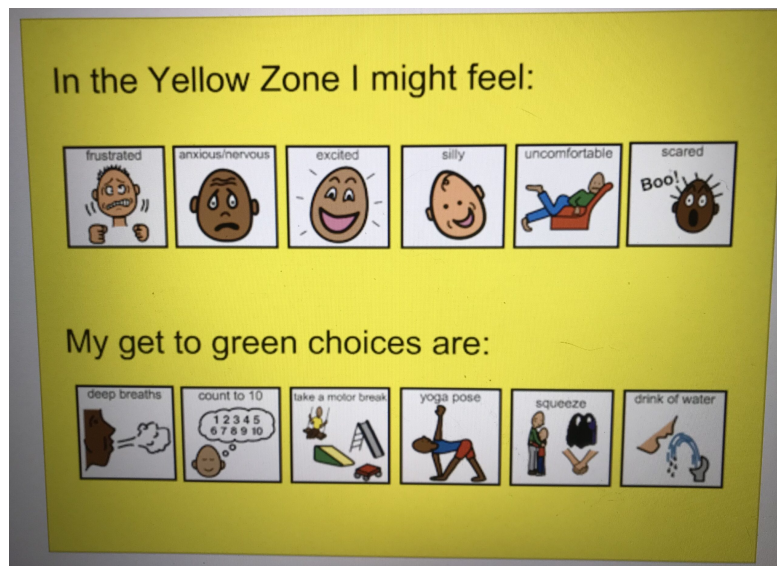
**Blue Zone:** low level of arousal; not ready to learn; sad, sick, tired, bored, moving slowly.

**Green Zone:** calm state of alertness; optimal level to learn; happy, calm, feeling okay, focused.

**Yellow Zone:** heightened state of alertness; elevated emotions; some control; frustrated, worried, silly/wiggly, excited, loss of some control.

**Red Zone:** heightened state of alertness and intense emotions; not an optimal level for learning; out of control; mad/angry, terrified, yelling/hitting, elated, out of control.

We will teach the children that everyone experiences all of the Zones, and validate their feelings. The Red and Yellow Zones are not 'bad' or 'naughty' Zones. All of the Zones are expected at one time or another. We will show them that the Blue Zone, for example, is helpful when you are trying to fall asleep.



## How will my child learn about Zones of Regulation?

We will be introducing the Zones through discrete teaching lessons and through our PSHE 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. Some children might prefer not to use the 'Zones language' but label the emotions directly – this is fine and encouraged! Each classroom will have a Zones display and children will be encouraged to use this display interactively. They will check in twice a day during register time, using the Zones as a way of identifying and communicating how they feel.

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

- Identify 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?")
- Engaging your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated / calm. Teach your child which tools they can use. (eg: "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone.")
- Regular Check-ins. "How are you feeling now?" and "How can you get back to Green?" It is important to remember to show the children how you use tools to get back to the green zones. You might say "I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone" and afterwards tell your child how using those tools helped you get back to the green zone.
- 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.
- Put up and reference the Zones visuals and tools in your home. Praise and encourage your child when they share which Zone they are in.

## Tips for practising Zones of Regulation

- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers.
- Be consistent in managing your child's behaviour and use the same language you use at home.
- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.
- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies.
- Encourage your child to take a sensory break to help regulate their bodies.
- Create a 'calm' box full of things which help to keep your child calm and alert.

# Zones of Regulation

Blue	Green	Yellow	Red
			
<p>Bored Lonely Sad Tired Unwell</p>	<p>Calm Content Focused Happy Ready to learn</p>	<p>Anxious Confused Excited Frustrated Worried</p>	<p>Angry Aggressive Terrified I need time and space</p>