

The ZONES of Regulation™

Zones of Regulation – an introduction for parents

This year, at Lunsford Primary School, we are developing the use of Zones of Regulation across the whole school

What are the Zones of Regulation?

The Zones of Regulation is an approach designed in the USA by Leah Kuypers, an occupational therapist, to help individuals recognise their feelings and use strategies to regulate themselves. This approach involves lessons and activities used to gain skills in the area of self-regulation and emotional control for children from as young as 4 years old up to adulthood.





Why are we introducing this at Lunsford Primary School?

- To help children to understand the link between their emotions and their behaviours, as well as recognising these in others.
- To create a common language for children to use to think about and describe their emotions and behaviours, in order to develop emotional literacy skills.
- To give children strategies to know how to manage when their behaviours can impact on their relationships and their learning, supporting them to have the best possible chance of success.
- To help children learn how to self-regulate.

How does this work? Children are taught that emotions can be grouped into four simple colour categories:

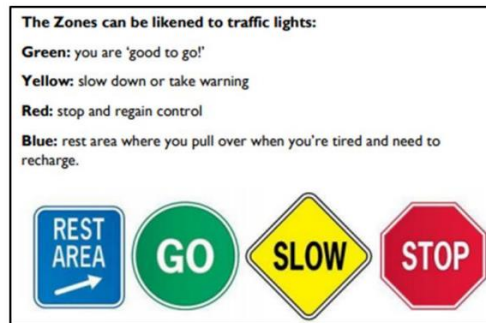
The ZONES of Regulation™ Reproducible E The Zones of Regulation Visual

The ZONES of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

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From The Zones of Regulation™ by Leah M. Kuypers • Available at www.socialthinking.com

None of the zones are considered 'bad' or 'naughty'. They learn that we can all experience feelings in each of the zones throughout the day but, when in school, we need to try and be in the green zone as this will help us to learn and help communicate and play successfully with our friends. Once children are familiar with the concept of the zones, they are then taught to recognise how they personally feel when they are in each zone. This then leads to children identifying the strategies that work best to help them to move to the green zone. This may be different for each child.



Children will learn that there will be times when they will be in the blue, yellow or red zones. They will be reassured that we all feel like this and that it is ok to feel that way. They will understand that our emotions are not 'fixed' and that we experience many different emotions throughout the day. They will also learn that these emotions can sometimes be helpful, for example feeling yellow ahead of a sports competition or a music exam, will likely prepare them for a challenge. By becoming more self-aware, they can then use this knowledge to recognise which strategies they can put in place to manage their emotions and therefore begin to self-regulate.

Why are we introducing this now?

Over the last few years, children may have experienced disruption either socially and academically due to Covid-19. We believe that it is more important than ever to equip children with the tools that they need to be able to self-regulate. By using a recognised framework, with a common language, across our whole school, we hope to support the children and provide them with the skills to manage their emotions.

The Zones of Regulation are used widely in the UK within both primary and secondary settings and are highly regarded by the Kent Specialist Teaching and Learning Service. Zones of Regulation helps children to understand both their own emotions and those of others, supporting the work we are doing on mental health. Zones of Regulation are suitable for all children and young people.

How can parents get involved?

Try using this at home. Reports from other schools suggest that when parents also use this framework at home, their children enjoy the consistency of the shared approach and parents report success in helping their children. By modelling this at home, using the colours to discuss how you are feeling and talking about how you help yourself to move to the green zone, your child will be supported to follow your lead.

School will send out termly newsletters during the year to share what is being covered each term and resources parents can use at home, as each element is introduced to the children.