

The **ZONES** of Regulation™

Term 1 2023:

Introduction to the Zones of Regulation

Your child will be introduced to the different zones and begin to recognise the emotions in each zone. The range of feelings discussed will vary for each year group, as children become more emotional literate to ensure that they have concrete understanding of each type of emotion.

Each class will begin to develop a class display to support their learning about the zones.

They will begin to recognise how facial expressions can show their own and others' feelings and why this is important.

They will talk about expected and unexpected behaviours and how our behaviours can impact on the feelings of people around us.

Something to try at home:

Try looking at illustrations in books or watching television programmes and films with your child; talk to them about which zone different characters might be in at different points of the story and why they think that.