

The **ZONES** of Regulation™

Term 1 2024:

We are going to use this term, primarily, to re-set the children's understanding of the Zones of Regulation covered last year and to re-establish how they can use their Zones of Regulation knowledge in their new classes with their new teachers. This, in turn, will enable any children who have joined over the last year to get up to speed with the Zones of Regulation approach.

Which skills will they be recapping?

This term, the children will be reviewing their understanding of:

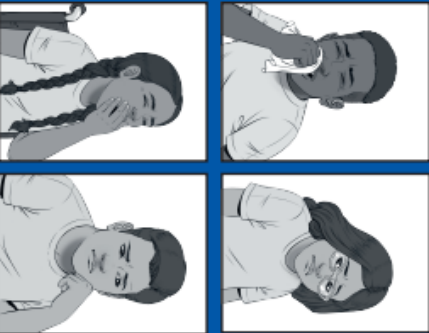
- The four Zones and which emotions are linked to each colour.
- Which facial expressions or body language might show different emotions.
- How they might feel physically when they feel different emotions.
- Which strategies they learnt last year to help them return to the Green Zone – ready to learn and ready to play with their friends.
- The terms 'Inner Critic' and 'Inner Coach' – this is about 'self-talk.' i.e. the voice we hear inside our head. Sometimes the voice takes a negative tone, as an 'inner critic'; sometimes the voice can be encouraging and positive, as an 'inner coach.'
- The terms 'Superflex' and 'Rockbrain' - this is about exploring flexible versus rigid thinking and how these may contribute to being in different Zones. Flexible thinking patterns are when a person is able to consider different points of view or ways to do something. Rigid thinking patterns are when a person gets stuck on an idea and has difficulty considering other options or ways of doing something.

Something to try at home:

You may have tried this last year, but now your children are a year older and, as we are recapping our knowledge this term, 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.

Here is a 'Zone of Regulation' resource poster you could use at home to show the emotions linked to each Zone.

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