

# The **ZONES** of Regulation™

## **Term 2 2023:**

During Term 1, the children were introduced to the different zones and have started to recognise the emotions linked to each zone. Each class has a display on which the children can identify which zone they are in throughout the day. They have begun to recognise how facial expressions can show their own and others' feelings and why this is important. They have talked about expected and unexpected behaviours and how their behaviours can impact on the feelings of the people around them.

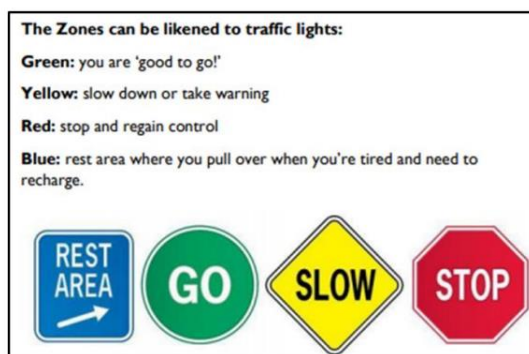
Over Term 2, they will be discussing their thoughts about other people's expected or unexpected behaviours; more work about identifying which zones other people may be in and anticipating which zone they might experience in a variety of different scenarios.

## **Something to try at home:**

Many parents have expressed an interest in using Zones of Regulation at home. Please find attached below a resource you could print out and use at home, which shows the different zones and linked emotions.

## **Tips on how to 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'.
- Share how your child's behaviour is affecting your Zone, e.g. if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy/ go into the Green Zone.
- Praise and encourage your child when they share which Zone they are in. Remember, we all experience emotions in all of the zones – no zones are 'naughty' or 'bad'.
- Know your child's triggers.
- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Empathise with your child and validate what they are feeling.
- Avoid dealing with an angry, upset child when you are not yet calm yourself. Always wait until after everyone has calmed down to talk through what has happened.



# The **ZONES** of Regulation™

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