

The **ZONES** of Regulation™

Term 3 2024:

One of the foci for Zones of Regulation for Term 3 is getting the children to think about the physiological changes in their bodies when they are in each zone and how they physically might look when experiencing different zones. (E.g. increased heart rate when getting excited/ angry ; butterfly feelings in their tummy when feeling anxious or a flushed face if they are feeling frustrated etc.)

The children will also start to identify different sensory tools linked to their five senses and recognise which help them feel more alert, as well as which might calm them down or help them feel more organised. (E.g. listening to particular music; a piece of material/ object which they might like to touch to sooth them; going to do something physical to let off some energy or frustration etc.) They may also start to notice that the effect of these sensory tools are not the same for everyone.

Something to try at home:

When your child is in the green zone, talk to them about how they might start spotting changes in their bodies when they are about to move into a different zone. (See the attached poster to help them focus on their body.) This will help them spot when they might need to use a sensory tool which works for them.

With your child, start to create a personalised bag or box of sensory tools which work for them. This could be stored in a safe, agreed space. This means that your child can go to get what helps them without using their words. Using words to explain how they feel or attempting to be rational can be very difficult to do when they are feeling dysregulated.



LISTEN TO YOUR BODY

Pay attention to:

your breathing

your belly & muscles

your energy level

your heartbeat

the temperature
of your skin



What do you notice?