

# The **ZONES** of Regulation™

*Please note, Panda Class will be covering last year's Zones curriculum, which will be sent out separately.*

Term 3 2025:

## **The Toolbox**

The children will have previously covered a number of tools, which were recapped last term:

- The use of sensory supports
- Calming Strategies: 6 sides of breathing; Lazy 8 breathing; Calming sequence; Count to 10 and Learning to take a deep breath
- Thinking Strategies: Size of the Problem; Inner Coach vs Inner Critic and Superflex vs Rock Brain.

This lesson allows the children to develop their own personalised and visual toolbox and allows for them to identify which tools they can use depending on which zone they are in.

## **When to Use Yellow Zone Tools**

This lesson is about the children starting to recognise the early signs of becoming less regulated and when to use their Yellow Zone tools.

This means that they will stand a chance of “catching themselves” so that they can self-regulate before they become more carried away by more intense, big emotions in the Red Zone, when it is harder to use a tool to regulate.

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

Start building a “toolbox” with your child, which they can use if they are starting to feel dysregulated.



Agree a safe space in your home where they can easily and safely take themselves and where they can find the items or carry out activities which may help them.

Decide what kind of things they want to do to help them in the safe space. This could be carrying out some breathing activities; playing music or something physical like kicking a ball.

Some children will opt to have a range of activities or objects to help them. Decide what to use to store the sensory tools. This could be: a small bag; a shoebox with a lid; a drawstring bag; a zipped makeup bag or a plastic storage box. The key is to be easily opened. You don't want them to have added frustration if they can't get it open.

Items will need to be personal to them and what helps them. This could be a piece of material they can stroke/ touch; a comforting toy; a toy they enjoy playing with; a colouring/ art/ craft activity which can be easily picked up; an item of clothing of a family member; a blanket... the list is endless. Different tools work for different people, so it is finding a choice of things which are safe and which work for them.

