

The **ZONES** of Regulation™

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

Term 4 2025:

Stop and Use a Tool

This term, the children will explore when they need to stop and use a tool by relating it to their own experiences.

They will consider which points of the day they might be more likely to need to use certain tools.

Something to try at home:

This follows up the lesson they covered in class last term about when to use their Yellow Zone tools.

Talk to your child about how they recognise the early signs of becoming less regulated and when to use their Yellow Zone tools.

This means they will stand a chance of “catching themselves” so that they can 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.