

The **ZONES** of Regulation™

At Abbey Gates Primary School, we actively teach children to recognise their emotions and to regulate if their emotions are leading them to communicate how they are feeling in a way that is harmful to themselves or others. In order to achieve a whole school language around our emotions, we are introducing the Zones of Regulation to everyone. Once the children have learnt to identify their emotional Zone, they will be supported with a toolkit to help them to self-regulate if they need it. They will also learn how to identify which Zone other people are in and how to help them too. They will learn about facial expressions, how the body reacts/feels in different situations and how to alert others that help is needed.

It is important to note that everyone experiences all of the Zones - the Red and Yellow Zones are not the 'bad' or 'naughty' Zones. Everyone experiences difficulties in regulation at one time or another and we all experience all of the Zones. The Zones of Regulation approach is intended to be neutral and is not to communicate judgment.

The Blue Zone is used to describe low states of alertness, such as when one feels sad, tired, sick or bored. This is when our bodies or brains are moving slowly or sluggishly.

The Green Zone is used to describe a regulated state of alertness. A person may be described as calm, happy, focused, or content when in the Green Zone. This is the Zone the children generally need to be in for schoolwork and for being social. Being in the Green Zone shows control.

The Yellow Zone is also used to describe a heightened state of alertness; however, a person has some control when in the Yellow Zone. They may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion and many more slightly elevated emotions and states. They are starting to lose some control.

The Red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, panic, terror, devastation, or elation. Being in this Zone can be explained as being overwhelmed by feelings and having a loss of control.

The ZONES of Regulation™

	<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>

The children learn about *Expected Behaviours* and *Unexpected Behaviours* and how these make them and those around them think and feel.

Some children will need closer support with this learning and will map out their Zones across the day. All children will learn about how to spot triggers; their own and those of others. This will help us all support each other.

Tools that will be taught to help return to the **Green Zone** include:

Calming Techniques -

- Take Five
- Lazy 8 Breathing
- Calming sequences

Thinking Strategies -

- Big vs. Little Problem - weighing up the true size of problems
- Inner Coach vs. Inner Critic
- Superflex vs. Rock Brain Thinking

Sensory Support -

- Use of school equipment to provide sensory support for those who need it

More information will follow through our newsletters across the academic year and on our website.