



Great Moor Junior School

"Learning Together"

Respect, Kindness, Tolerance, Responsibility, Co-operation

The ZONES of Regulation™



A Parents' Guide to The Zones of Regulation

The Zones of Regulation is an internationally renowned intervention which helps children to manage and express difficult emotions. This is known as 'self-regulation'. From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness and this stops us from getting on with our day effectively. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. At Great Moor Junior School, we use the Zones of Regulation throughout the whole school.

We aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones, thus developing better empathy.
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in.
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit'.)








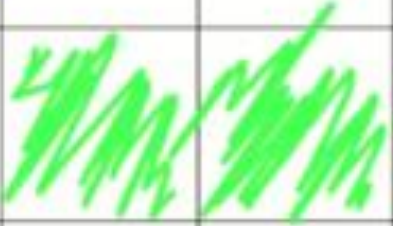



What do the different zones mean?

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Mean Terrified Yelling/Hitting Out of Control</p>

Blue Zone:	The blue zone is when a person is feeling low states of alertness. This can also be known as the 'rest area where you pull over as you are tired and need to recharge' or 'moving slowly'.
Green Zone:	The green zone describes when you're in a calm state of alertness. This can also be known as 'good to go' or 'just right'.
Yellow Zone:	The yellow zone describes when you have a heightened sense of alertness. This isn't always a bad thing, and you still have some control of your actions when you're in the yellow zone. This can also be known as 'caution, slow down' or 'a bit fast'
Red Zone:	The red zone describes an extremely heightened state of intense emotions. This can also be known as 'moving very fast' or 'stop and regain control'.



Zones across the day

	Before School	 Literacy	 Literacy	 Lunch	 Mathematics
RED					
YELLOW					
GREEN					
BLUE					

- Everyone experiences the zones at one time or another.
- There is no 'bad' Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can't change the way children feel BUT we can help them manage their feelings/states and behaviours. "It's OK to be angry but it is not OK to hit..."
- You can be in more than one Zone at a time (e.g. sad AND angry).



Tools and Strategies for Regulation

There are multiple tools and strategies that our children can use to self-regulate - and they will be individual to each child. However, it may be useful to think about the types of activities that will help our children to regulate in each zone.

Blue Zone Tools:

- Think about what you might do to make you feel better when you are sad, tired or bored.

Green Zone Tools:

- Think about the strategies you or your child uses to maintain your happiness, alertness in the activity you are engaging in, and calmness.

Yellow Zone Tools:

- When you see your child starting to become heightened, fidgety, over- excited or unfocussed - try to introduce calming strategies to prevent an escalation into the Red Zone (or out of control).

Red Zone Tools:

- Once in the Red Zone, your child will more than likely need to be removed from the situation/setting, and it is encouraged that they go to an environment that is calming and safe.



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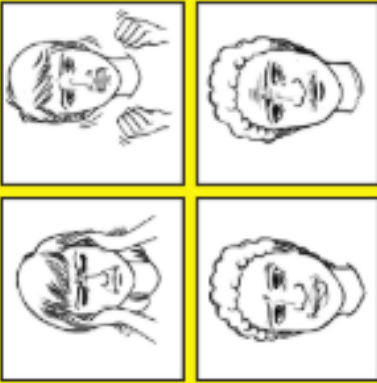


Respect, Kindness, Tolerance, Responsibility, Co-operation

How can you 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 think I am in the Yellow Zone; I feel worried about...")
- Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in. (e.g.: "You look tired - you are yawning. I wonder if you are in the Blue Zone?")
- Teach your child which tools they can use. (e.g.: "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone.")
- Regular Check-ins. "How are you feeling now?" and "How can you get back to Green?"
- Modelling: It is important to remember to show the children how you use tools to get back to the green zones. You might say "I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone" and afterwards tell your child how using those tools helped you get back to the green zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise and encourage your child when they share which Zone they are in.



The ZONES of Regulation®

	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control
	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control
	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn
	BLUE ZONE Sad Sick Tired Bored Moving Slowly



Which **ZONE** Would I Be In?

All of the Zone colors are okay. There are times when you will be in different Zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

Times I may be in the **BLUE** ZONE...

Times I may be in the **GREEN** ZONE...

Times I may be in the **YELLOW** ZONE...

Times I may be in the **RED** ZONE...



_____ 's **Toolbox**

Blue Zone Tools

Green Zone Tools

Yellow Zone Tools

Red Zone Tools



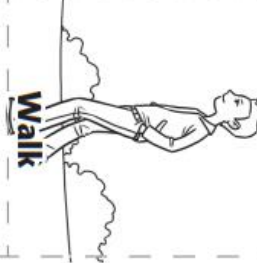
ZONES Tools Menu



Listen to Music



Squishes



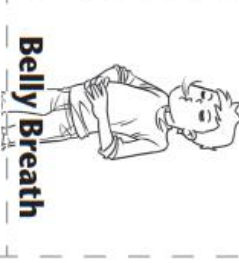
Walk



Jumping Jacks



Shoulder Rub



Belly Breath



Inner Coach



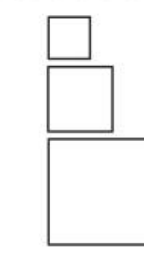
Take a Break



Lazy 8 Breathing



Fidget Ball



Size of Problem



Six Sides of Breathing

ZONES Tools Menu



Carry



Read



Jump



Bounce



Run



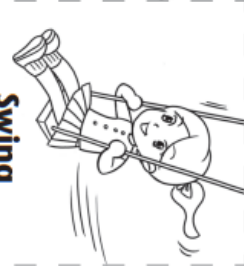
Push



Tickle



Pull



Swing



Talk to Adult



Hug



Animal Walks



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