

Zones of Regulation

The children in school will be participating in lessons about their emotions, feelings and well-being. We are following a scheme called 'Zones of Regulation'. The children are being asked to reflect on their feelings during the register (twice a day).

In the lessons the children will discuss different emotions and which zone they go in. They will think about events/triggers that might make them feel a certain way and consider how their behaviour makes other people feel. The children will then build a toolkit of strategies in order to get themselves back to the green zone.

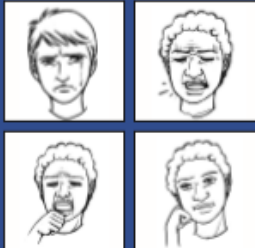
Blue Zone- Tired/Upset/lacking energy

Green Zone- Calm, happy and ready to learn

Yellow Zone- Starting to lose control- silly, frustrated or excited

Red Zone- Lost control- Angry, out of control, terrified

The **ZONES** of Regulation®

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