



Dear Parents and Carers,

We would like to share with you some information on **Zones of Regulation** which has recently been introduced across our school.

This is a whole school approach to support children with understanding their emotions and managing self-regulation. Self-regulation is an essential skill in life, and in all learning environments. Children who can regulate their own emotions and attention are better equipped to learn and thrive. Zones of Regulation groups all the ways that children feel and act into four Zones, as described below.



Blue Zone — when your body is running slowly, such as when you are tired, sick, sad or bored.



Green Zone — when you are ready and good to go. You may be feeling happy, calm, peaceful and focused.



Yellow Zone — when you begin to feel more intense emotions, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.



Red Zone — is when you have extreme feelings such as terror, uncontrolled anger, aggression, or elation.

Class teachers have introduced the children to the four zones and we discussed this as a whole school in a recent assembly. We hope you will notice the Zones of Regulation displays around school and in all classrooms when you attend Busy Bees Cafes this term. In the classrooms, these are interactive and provide an opportunity for the children to identify how they are feeling.

Children are learning that, at times, we all experience the feelings and emotions described in each zone. All staff are involved in teaching them that none of the zones are wrong however some of these emotions do effect our ability to focus and learn. Zones of regulation highlights how their emotions and attention are connected. It teaches them about tools/strategies for changing from one Zone to another, and encourages each child to build a repertoire of tools/strategies. The goal is for children to gradually become more able to call upon their toolkit, rather than needing adults to help them with regulation.





We will be adding zones of regulation information to the school website. We hope this enable you to use the zones at home to support and further develop your child's awareness of their emotions and their ability to self-regulate.

Many thanks for your continued support

Mrs Saunders and Mrs Catley
Wellbeing Team

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ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
<p>Sick Sad Tired Bored Moving Slowly</p>	<p>Happy Calm Good to Go Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Anxious Excited</p>	<p>Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space</p>