A cartoon of a building

AI-generated content may be incorrect.

**What are the Zones of Regulation?**

The Zones of Regulation is an internationally renowned intervention which helps children manage their

emotions. At Fradley Park Primary we use the Zones of Regulation throughout the whole school.

The

zones provide a

framework for our children to develop self

-

regulation.

Children learn to identify emotions, recognise events that might make them move to a different zone and

use the tools they have learnt to help them remain or move to a particular zone to help them reg

ulate how

they are feeling.

**What are the different Zones?**

**Blue Zone:**

low level of arousal, not ready to learn,

feels sad, sick, tired, bored

**Green Zone:**

calm state of alertness, optimal level to learn,

feels happy, calm,

focused

**Yellow Zone:**

heightened st

ate of alertness, feels

frustrated, worried, silly/wiggly, excited

**Red Zone:**

heightened state of

alertness and intense emotions, not an optimal level for learning, out of

control,

feels mad/angry,

yelling/hitting, elated

We

teach the children th

at e

veryone experiences all of the z

ones. The Red and Yellow

Z

ones are not ‘bad’

or ‘naughty’ zones. All of the z

o

nes are expected at one time or

another.

**How will my child learn about the Zones of Regulation?**

We use

the z

ones t

hrough discrete teaching

and through our PSHE c

urriculum. We also use

the z

ones

language as part of daily school life so all staff

refer to them, not just the class teacher.

**What can**

**I do to support the Zones of Regulation at home?**



Id

entify your own feelings using z

ones language in front of your child (e.g. “I’m feeling

frustrated

because….. , I am in the Yellow Zone.”)



Talk about which tool you will use to be in the

appropriate z

one

(

e.g. “I’m going to go for a

walk as I

need to get to the Green Zone.”)



At times,

wonder which z

one your

child is in. Or, discuss which z

one a character in a film / book

might be in. (e.g.: “You look sleepy. Are you in the Blue Zone?”)



Provide positive rei

nforcement when your child is in the Green Zone and if they make

efforts to stay

in the Green Zone. Eg. “I can see you are working really hard to stay in the

Green Zone by…”



Label which z

ones your child is in throughout the day (e.g. “You look sleepy, I

wonder if

you are in

the Blue Zone?”)



Teach your child which z

one tools they can use (e.g. “It’s time for bed, let’s read a book

together in

the rocking chair to get to the Blue Zone.”)



* Post and reference the zones visuals and tools in your home
* Play “Feelings Charades”
* Have regular check-ins. “How are you feeling now?” and “How can you get back to Green?”
* Share how their behaviour is affecting your zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone
* Take turns choosing emotions from a stack of cards or papers and act it out using only face and body clues. Guess each other’s emotion, discuss which zone it’s in and why. (Added challenge: Name a tool you could use when feeling that emotion)
* Play “Name that feeling”
* People watch and guess the feelings/zones of others
* Name the feelings of characters while watching a movie (and point out any strategies they use)  Read ‘The Way I Feel’ by Janan Cain.
* Play ‘Zones Uno’ (can be purchased online)
* Learn the song! <https://www.youtube.com/watch?v=Vnl3GeTkMa4>
* Create a calm box full of things which help to keep your child calm and alert

# Tips for practicing the Zones of Regulation

* Know yourself and how you react in difficult situations before dealing with your child’s behaviours.
* Know your child’s sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
* Know your child’s triggers.
* Be consistent in managing your child’s behaviour and use the same language you use at home.
* Empathise with your child and validate what they are feeling.
* Have clear boundaries/routines and always follow through.
* Do not deal with an angry, upset child when you are not yet calm yourself.
* Discuss strategies for the next time when you are in a similar situation.
* Remember to ask your child how their choices made you feel (empathy).
* Praise your child for using strategies. Encourage your child to take a sensory break to help regulate their bodies.

# Common questions on the Zones of Regulation

**Can my child be in more than one zone at the same time?**

Yes. Your child may feel tired (Blue Zone) because they did not get enough sleep and anxious (Yellow Zone) because they are worried about an activity at school. Listing more than one zone reflects a good sense of personal feelings and alertness levels.

**Should children be punished for being in the Red Zone?**

It’s best for children to experience the natural consequences of being in the Red Zone. If a child’s actions/choices hurt someone or destroys property, they need to repair the relationship and take responsibility for the mess they create. Once the child has calmed down, use the experience as a learning opportunity to process what the child would do differently next time.

**Where can I find out more about the Zones of Regulation?**

[www.zonesofregulation.com](http://www.zonesofregulation.com/)

