



Parents' Guide to: **Zones of Regulation**





Sir Donald Bailey Academy

At SDBA, we use the Zones of Regulation as a way to teach and support our children to manage and regulate their emotions.



What is it?

The Zones of Regulation is an approach which supports children in **managing their feelings**.
By categorising the different ways we can feel and states of alertness, children can be supported to **identify their own feelings and understand how their feelings can then affect their behaviour.**

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

Why do we use it?

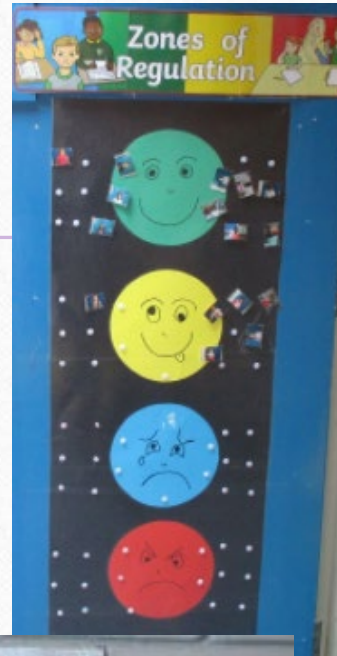
To teach our pupils:

- How to identify their feelings as well as read others' facial expressions
- Understand how their behaviours can influence others' thoughts, feelings and behaviours
- How to regulate their own feelings and in doing so, develop their own strategies to self-manage their thoughts and emotions.
- Problem solve and find positive solutions to different emotions



The ultimate goal is for independent regulation.

What does it look like in school and how do we use



Children are encouraged to talk about their feelings! By doing so, this will support their understanding and consolidate their learning further.

Our pupils can then decide whether to **check in** with their feelings through the school day.

Our staff can support by reminding them of the 'tools' they could use to help them navigate through their feelings.

Here are some examples:

- Talk to a trusted adult
- Belly breathing (deep breathing exercises)
- Finding a quiet space to calm down
- Drinking water
- Movement and/or sensory breaks
- Mindful sketching

The four zones:

ZONES OF REGULATION

Choose your **zone**. How are you feeling?

Blue	Green	Yellow	Red
			
Sad Sick Tired Bored Moving slowly	Happy Calm Good to go Focused Ready to learn	Frustrated Worried Silly Anxious I need some help	Mad Angry Yelling / Hitting Out of control I need time and space



UPSET



TIRE

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels **sad, tired, sick, or bored.**



HAPPY



CALM

The **Green Zone** is used to describe a calm state of alertness. A person may be described as **happy, focused, content, or ready to learn** when in the Green Zone. This is the zone where optimal learning occurs.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing **stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness** when in the Yellow Zone.

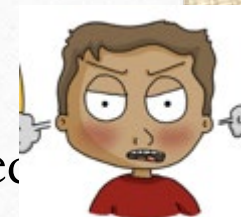


SILLY



ANXIOUS

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing **anger, rage, devastation, or terror when in the Red Zone.**



ANGRY

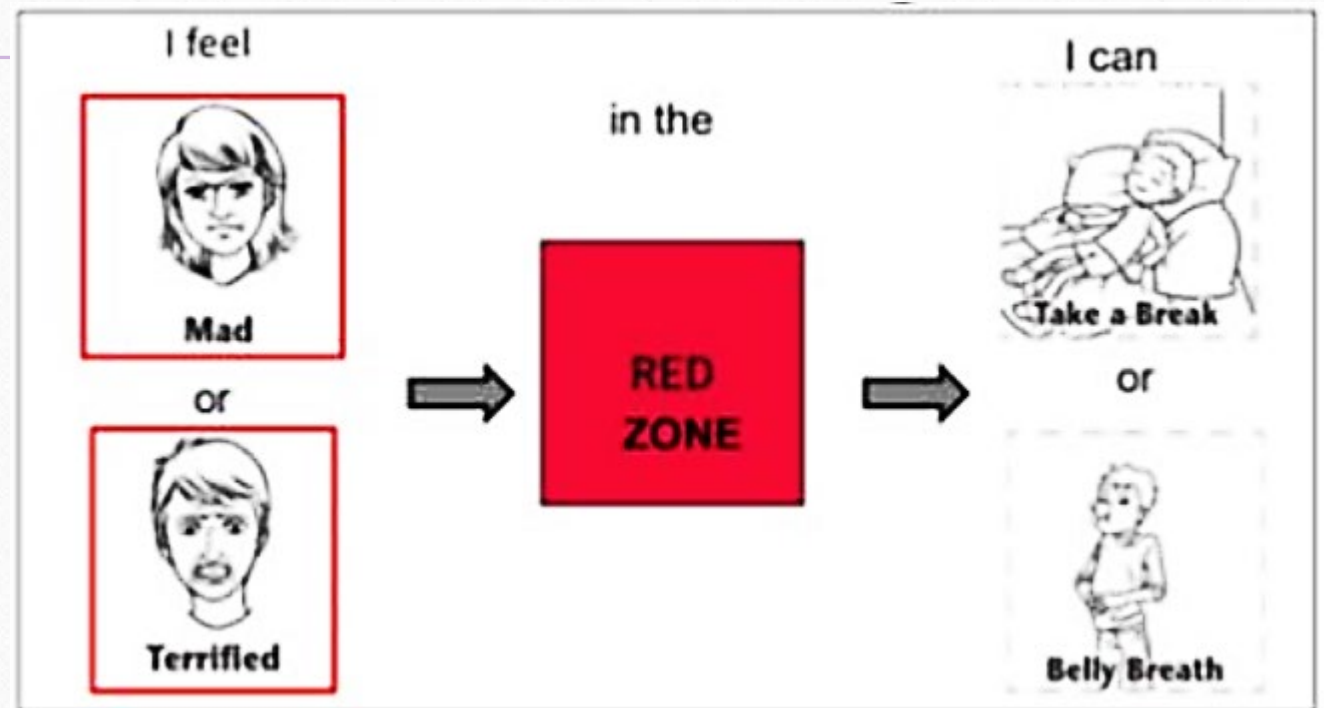


SCARED

Worth remembering...the Red Zone is not bad zone!

In fact, none of the zones are bad!

The feelings of anger, terror, devastation etc are perfectly normal to feel but what matters is **how** children learn to regulate and manage these strong feelings.



How can we use it at home?

ZONES OF REGULATION

Choose your **zone**. How are you feeling?

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1. Ask children 'how are you feeling?' / check in with their feelings.

2. Identify which zone they are in. 'Which zone are you in?'

3. Talk through strategies in their toolbox.

ZONES OF REGULATION TOOLBOX

I'm in the...

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 bored sad	 calm	 wiggly anxious	 angry upset
<ul style="list-style-type: none"> Positive thinking (inner coach - "You can do this!") Drink water Stretches Star jumps Run Eat something 	<ul style="list-style-type: none"> I feel: Happy Focused Calm Ready to learn 	<ul style="list-style-type: none"> Positive thinking (inner coach - you can do this) Talk to an adult Think about the size of the problem - is it really that big? Distract yourself - hand books out, deliver a message Deep belly breaths Sit and count to 10/other breathing activities Standing push up against a wall 	<ul style="list-style-type: none"> Deep belly breaths Find a space to calm down Talk to a trusted adult Lazy 8 breathing - draw figure of 8 on palm: breath in on the circle, out as you cross over the midline). Squeeze fists/sensory toy

ZONES OF REGULATION TOOLBOX

I'm in the...

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 bored sad	 calm	 wiggly anxious	 angry upset
 Talk to Adult Singing Hugging	 Sitting cross-legged Smiling face with thumbs up	 Take deep breath Stretching Star jumps	 Lazy 8 Breathing Deep Breathing Squeeze fists

Thank you for watching our guide.
We hope it was useful.

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