

Parent Guide

THE **ZONES** OF REGULATION[®]

Fenstanton and Hilton
Primary School







What are the Zones of Regulation?

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'.

Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when they are working in lesson.

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. Children who feel these emotions often find it hard to learn and concentrate in school. 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. These coping strategies are called 'self-regulation'.

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

The **ZONES** of Regulation®



The Zones can be compared to traffic signs. The Green Zone is when you are “good to go”. The Yellow Zone means be aware or slow down. The Red Zone means stop. The Blue Zone can be compared to the rest area signs where you go to rest or re-energize

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.

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

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 tends to occur.

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

Why do we use Zones of Regulation?

Sometimes young people struggle to recognise their emotions, and especially the tools needed for self-regulation. The Zones of Regulation is designed to help students identify their emotions and how this influences their behaviour. As well as learning to understand how their behaviour impacts themselves and those around them, and learn what **tools** they can use to manage their feelings and states.

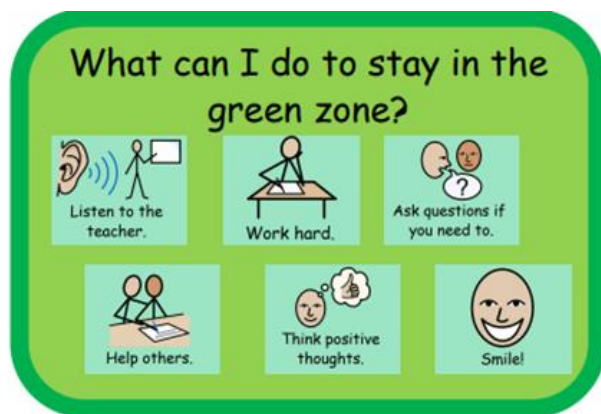
In Fenstanton and Hilton Primary School the children have been developing their 'toolkit' of strategies. These strategies are designed to help the children move between the Zones and stay regulated. Every child has their own personal 'toolkit' and this will be developed as they learn new skills.

Students and staff are encouraged to use Zones of Regulation vocabulary. For example:

"You look as though you might be in the Red Zone. You need to stop. I wonder which of your toolkit strategies you can use to help?" or "This is really confusing me and making me go into the Yellow Zone. I need to use a tool to slow down. I will take some deep breaths."

Regulation Strategies

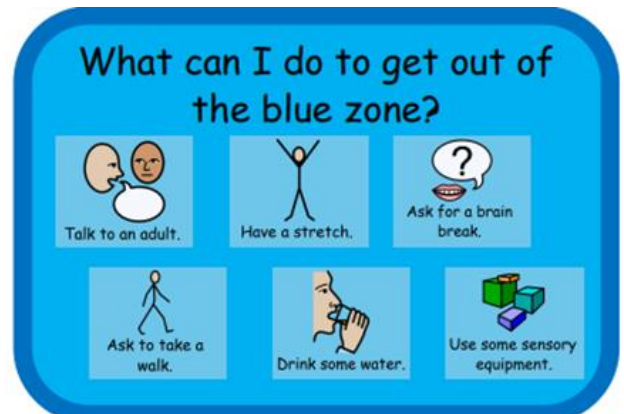
What can I do to stay in the green zone?



A green rounded rectangle containing six icons and their corresponding text: 1. An ear icon with a person speaking: "Listen to the teacher." 2. A person at a desk: "Work hard." 3. Two people talking with a question mark: "Ask questions if you need to." 4. Two people sitting at a table: "Help others." 5. A person with a thought bubble: "Think positive thoughts." 6. A smiling face: "Smile!"

- Listen to the teacher.
- Work hard.
- Ask questions if you need to.
- Help others.
- Think positive thoughts.
- Smile!

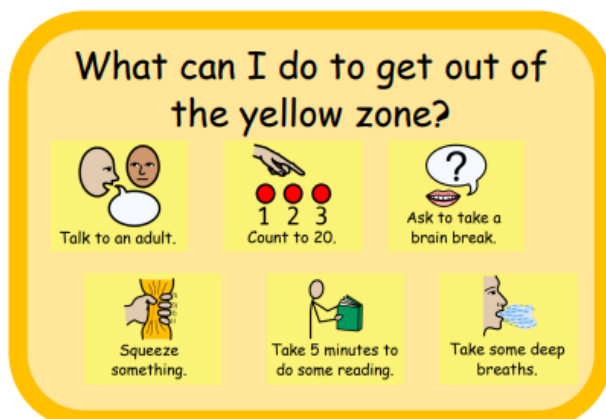
What can I do to get out of the blue zone?



A blue rounded rectangle containing six icons and their corresponding text: 1. A person talking to an adult: "Talk to an adult." 2. A person stretching: "Have a stretch." 3. A person with a question mark and a brain icon: "Ask for a brain break." 4. A person walking: "Ask to take a walk." 5. A person drinking water: "Drink some water." 6. Sensory equipment (blocks): "Use some sensory equipment."

- Talk to an adult.
- Have a stretch.
- Ask for a brain break.
- Ask to take a walk.
- Drink some water.
- Use some sensory equipment.

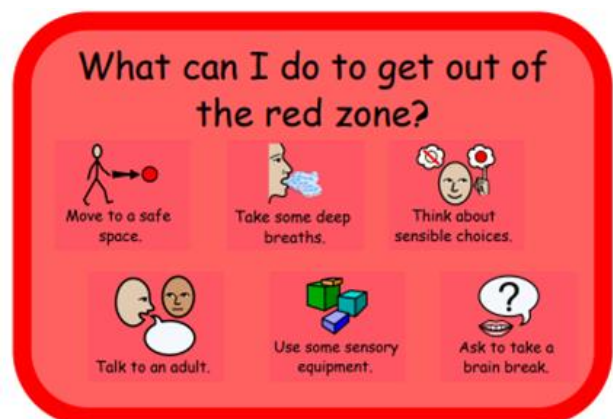
What can I do to get out of the yellow zone?



A yellow rounded rectangle containing six icons and their corresponding text: 1. A person talking to an adult: "Talk to an adult." 2. Three red dots with numbers 1, 2, 3: "Count to 20." 3. A person with a question mark and a brain icon: "Ask to take a brain break." 4. A hand squeezing something: "Squeeze something." 5. A person reading: "Take 5 minutes to do some reading." 6. A person breathing: "Take some deep breaths."

- Talk to an adult.
- Count to 20.
- Ask to take a brain break.
- Squeeze something.
- Take 5 minutes to do some reading.
- Take some deep breaths.

What can I do to get out of the red zone?



A red rounded rectangle containing six icons and their corresponding text: 1. A person moving away from a red dot: "Move to a safe space." 2. A person breathing: "Take some deep breaths." 3. A person with a question mark and a brain icon: "Think about sensible choices." 4. A person talking to an adult: "Talk to an adult." 5. Sensory equipment (blocks): "Use some sensory equipment." 6. A person with a question mark and a brain icon: "Ask to take a brain break."

- Move to a safe space.
- Take some deep breaths.
- Think about sensible choices.
- Talk to an adult.
- Use some sensory equipment.
- Ask to take a brain break.

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. *"I'm frustrated. I think I am in the Yellow Zone."*
- Talk about what tool you will use to be in the appropriate Zone. *"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. *"You look sleepy. Are you in the Blue Zone?"*
- Teach your child which tools they can use. *"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 Zone. 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"*.