

Zones of Regulation Help At Home

The Zones of Regulation is a programme which helps pupils to gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Pupils are supported in school to gain recognising when they are in different zones and also learn how to use strategies or tools to stay in a zone or move from one to another.

We aim for our pupils to gain skills recognising and managing their emotions more effectively as well as develop a wider perspective about how others see and react to their behaviour.

Our pupils are now becoming very good at identifying which zone they are in. You may find the zones chart a helpful strategy to use at home. There are some ideas for tools that your child can discuss with you. You can talk to your child about which tools work in different zones in advance, this will allow you to calmly prompt your child towards the right strategy if needed.

REMEMBER: No zone linked to bad behaviour. The zones are how a person is feeling. It is normal for us to move between the zones as part of our day. **THE GREEN ZONE IS THE MOST COMFORTABLE TO BE IN, RED ZONE DOES NOT FEEL GOOD.** It is important to be able to acknowledge that we are in this zone without blame and then take positive steps to calm. When your child is in Red Zone language should be kept to a minimum, giving a child space to process and implement strategies is what we are looking to do. Tell your child you are proud of them for using the Zones of Regulation so well before beginning to discuss what caused the upset. It is worth remembering that the **clearest thinking and communication happens in the Green Zone** and so it makes sense to wait until this is achieved.





DO prompt your child to express the zone they feel they are in either by saying the name of the zone or pointing to the chart.

DO NOT tell your child what zone they are in - instead make an observation, "I think you are in ... what do you think?" THEN prompt with the agreed tool.

Trickier but good skills to build upon: **Encourage your family and friends to use the 'Zone' to explain how they are feeling to your child.** If you are in 'yellow zone' your child can understand that they will need to wait five minutes until you are in the 'green zone' when you will be able to listen properly to what they want to say. Some families may want to use a timer if your child struggles with the concept of time.

I hope that this helps as it is helping us at school!

The **ZONES** of Regulation®

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

Ideas for Tools: To help get back into the **green zone**.

 <p>drink water</p>	 <p>Take 5 Deep Breaths</p>	 <p>use a fidget</p>	 <p>Thinking Time Thinking Time for a Busy World</p> <p>take 5 [thinking time]</p>
 <p>ask to eat a snack</p>	 <p>draw or colour</p>	 <p>write it down</p>	 <p>listen to music</p>
 <p>KEEP CALM AND TAKE A MOVEMENT BREAK</p>	 <p>think- calm place</p>	 <p>talk to an adult</p>	 <p>Time out game</p> <p>use time out card</p>