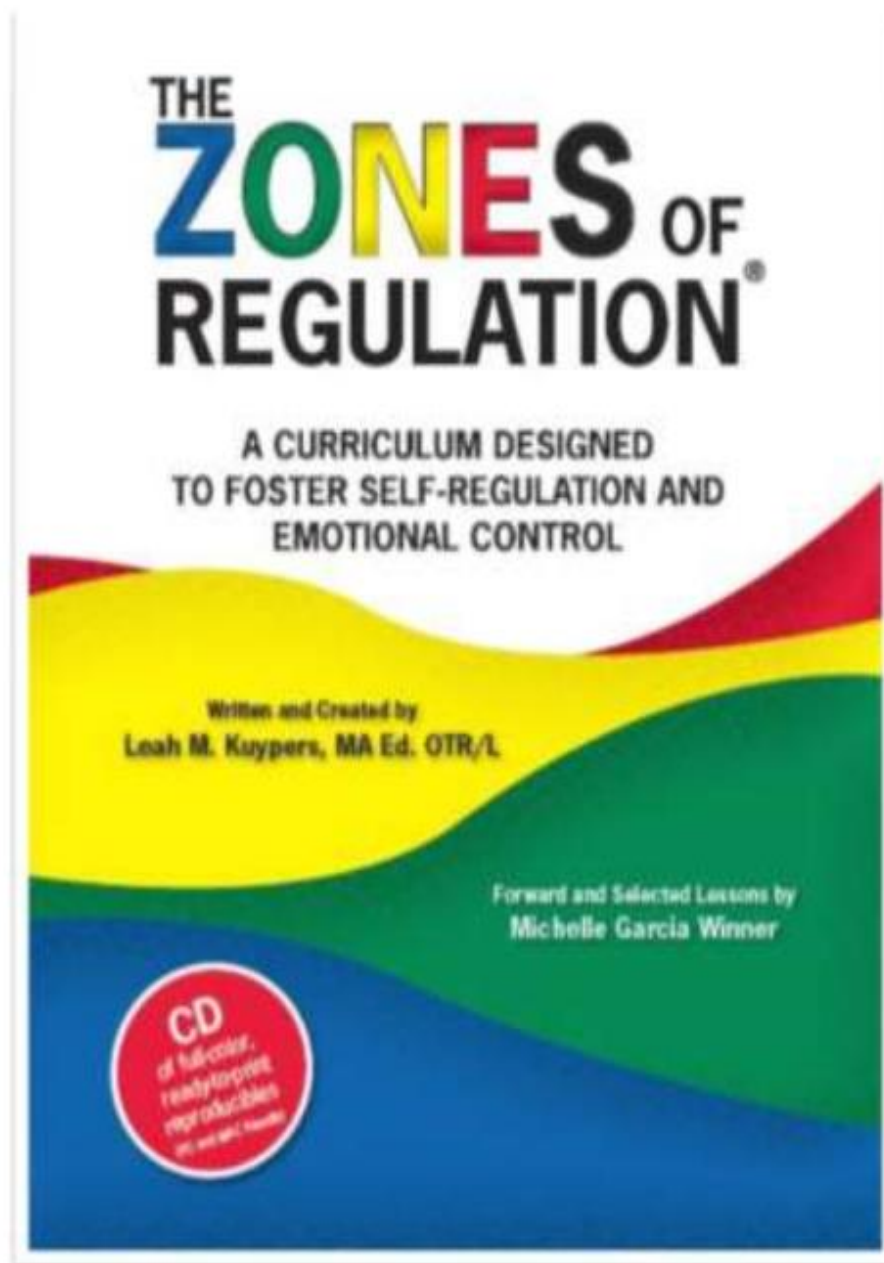


Zones of Regulation at Westfield Primary School For Home

**A framework to
simplify how
we think about
and manage
our feelings
and states**

**Easy Language
Visual Structure
Systematic**



Using Zones of Regulation teaches children to

- **Identifying their emotions**
- **Self-regulate their body and emotions**
- **Identifying triggers**
- **Develop coping strategies**
- **Recognise the size of the problem and that it matches the reaction to help solve the problem**
- **Expected behaviour vs unexpected behaviour, and how *their* behaviour affects the thoughts and feelings of the people around them.**

What Are The Zones Colours & Their Meanings?

- The Zones of Regulation uses **four colours to help children self-identify how they're feeling** and categorize it based on colour.
- The children are taught about the four colours, and supported in many different ways on how to name their feelings, identify their triggers and develop coping strategies and problem solving skills.
- Each day starts for your child by them identifying their emotional 'colour' which they are able to adjust throughout the day in response to how they are feeling.



Blue Zone

Sad
Bored
Tired
Sick

Green Zone

Happy
Focused
Calm
Proud

Yellow Zone

Worried
Frustrated
Silly
Excited

Red Zone

Overjoyed/Elated
Panicked
Angry
Terrified

Each class has their own Zone of Regulation Station



How can you help your child?

- Use the Zones of Regulation language in front of your child ('I'm feeling tired. I think I am in the Blue Zone.')
- Talk about the strategies that you will use to regulate ('I need to go to get some fresh air in the garden to help me get back to the Green Zone.')
- At times, ask your child which Zone they are in and discuss characters in books and films in terms of what Zones they are in. Give regular check-ins 'How are you feeling now?' and 'How can you get back to Green Zone?'
- Teach your child strategies they can use ('It's time for bed. Let's read a book together to help you get to the Blue Zone.')
- Share with them how their behaviour is affecting you. ('I can see that you are in the Green Zone and this is making me so happy and I'm in the Green Zone too now.')
- Put up a visual of the Zones of Regulations and strategies

Tips of practicing the Zones of Regulation

- Know yourself and how you react in different situations.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reaction to situations.
- Know your child's triggers.
- Be consistent in managing your child's behaviour and use the same language consistently.
- Emphasis with your child and validate what they are feeling.
- Have clear boundaries and routines
- If your child is angry or upset, deal with the situation when you are feeling calm.
- Discuss strategies for next time a similar situation happens
- Praise your child for using the strategies
- Ensure strategies and tools for getting to a particular Zone are easily available to your child.

Common questions

- Can my child be in more than one Zone at any one time?

Yes

- Should children receive a consequence for being in a particular 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.

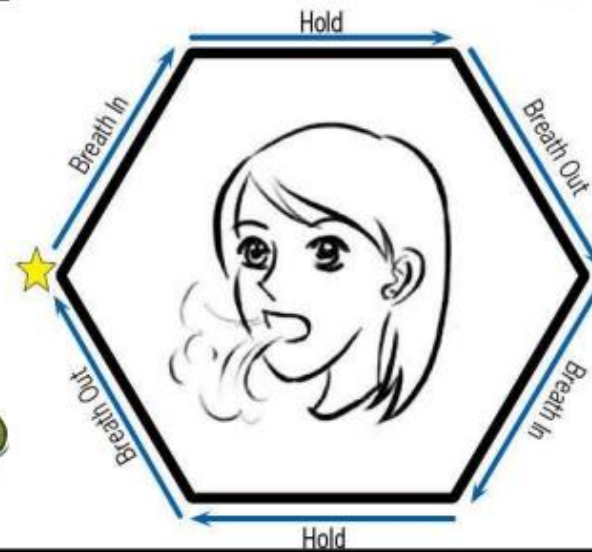
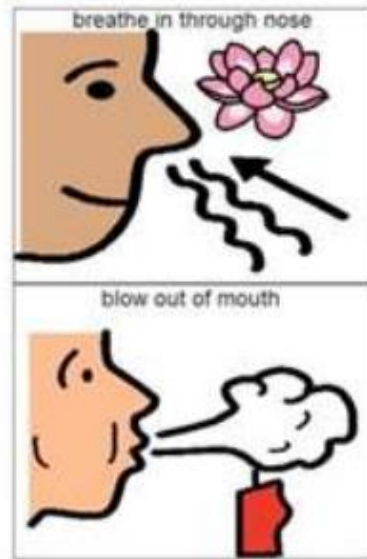
- Can you look like one Zone on the outside and feel like you are in another Zone on the inside?

Yes - many of us disguise our Zone to match social expectation. It is important to have the safety to express feelings and emotions to avoid them escalating them.

Strategies and Tools you could try...

- ...different strategies and tools work for different people. Work with your child to find what works for them.

Breathing Techniques





Regulation Stations

teachinginprogress.blogspot.com

<http://ana-white.com/2011/06/easy-kids-tent-reading-nook>

kinderfriends.com

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- Bear Hug
- Swing
- Trampoline
- Go for a walk
- Wall push ups
- Drinking ice cold water
- Chewy foods (eg. thick slice of bread)
- Blow bubbles
- Music
- Roll on an exercise ball
- Weighted blanket
- Sensory Box



- Rocking forward and backward
- Count objects
- Count colours
- Count breaths
- Count pulses
- Puzzles
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Construction toys

Books that can help support your child regulate their emotions



The Panicosaurus:

The Red Beast Anger

The Huge Bag of Worries



Hey Warrior

How Are You Feeling

What to Do When You

You Are a Social



INNER COACH VS INNER CRITIC

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

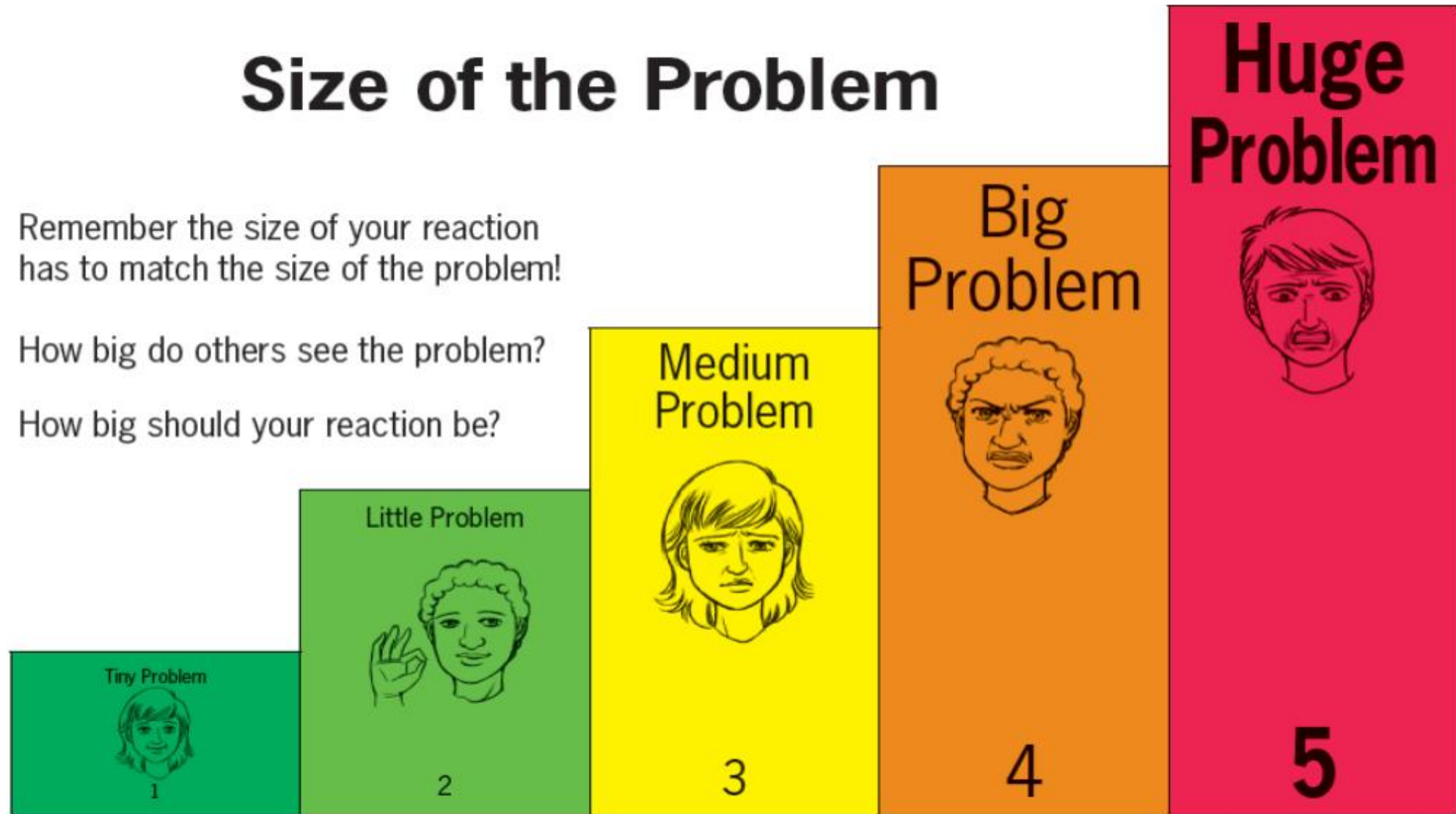


Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



MAKE SURE YOU FREQUENTLY PRAISE YOUR CHILD FOR HAVING EXPECTED REACTIONS RATHER THAN JUST POINTING OUT THE UNEXPECTED.

Support in school...

- If you need support or advice, on Zones of Regulation or managing your child's emotions, contact Julia Findlay (our Inclusion Leader) by emailing

inclusionleader@westfield.surrey.sch.uk