



The ZONES of Regulation – One Page Guide for Parents/Carers

The Zones of Regulation is an internationally renowned intervention which helps children manage their emotions. At Stadhampton 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 different zones and use the tools they have learnt to help them remain or move to a particular zone to help them regulate how they are feeling.

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

Four Zones

Blue Zone: low levels 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 state of alertness, feels frustrated, worried, silly/wiggly, excited

Red Zone: heightened state of alertness and intense emotions, not optimal level for learning, out of control, feels mad/angry, terrified, yelling/hitting, elated

We teach the children that everyone experiences all of the zones. The Red and Yellow Zones are not 'bad' or 'naughty' zones. All of the zones are expected at one time or another. The Blue Zone, for example, is helpful when you are trying to fall asleep.

What can I do to support The Zones of Regulation at home

- Identify your own feelings in front of your child
- Talk about which tool you will use to move between the zones
- Put up and reference the zones visuals and tools in your home
- Create a calm box full of things which help to keep your child calm and alert
- Teach your child which zone tool they can use and praise their use of the tool

Tips for practicing the Zones of Regulation

- Know yourself and how you react in difficult situations
- Know your child's sensory threshold
- Know your child's triggers
- Be consistent in managing your child's behaviour, use the same language
- Empathise with your child and validate how they are feeling
- Have clear boundaries and always follow them
- Do not deal with an angry, upset child when you are not calm yourself
- Discuss strategies for next time the situation arises
- Ask your child how they think their choices made you feel (empathy)
- Praise your child when they use strategies

For more information look at The Zone of Regulation page on the school website under the Parent tab.