

The ZONES of Regulation

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

The Zones of Regulation is something new we have introduced in our school. Regulation is something everyone continually works on whether we are aware of it. We all encounter trying circumstances that test our limits from time to time. If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation (or Zones for short)." –

As you can see in the above picture, there are 4 Zones, our role as a school is to make sure our children always/ majority of the time in the 'Green Zones' where they are feeling engaged, calm and happy. To do this, every class has a system in place, where the child will place themselves in a Zone for the adult to see. If a child is in any other Zone besides the Green, then the staff around the child, will make sure they understand why and help them get back to the Zone they need to be.

This could be through various strategies, such as bonding through play, restorative practice and sensory circuit etc.

If you would like to use these Zones at home, please free to ask and we can get the resources ready for you, to implement at home with your children.



How can you help yourself?

<p>The BLUE zone</p> <p>How might you feel?</p> <p>sad tired bored moving slowly</p> <p>What might help you?</p> <p>Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes</p>	<p>The GREEN zone</p> <p>How might you feel?</p> <p>happy okay focussed ready to learn</p> <p>What might help you?</p> <p>The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?</p>	<p>The YELLOW zone</p> <p>How might you feel?</p> <p>nervous confused silly not ready to learn</p> <p>What might help you?</p> <p>Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break</p>	<p>The RED zone</p> <p>How might you feel?</p> <p>angry frustrated scared out of control</p> <p>What might help you?</p> <p>Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help</p>
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East Dene Primary School- Behaviour and SEN

