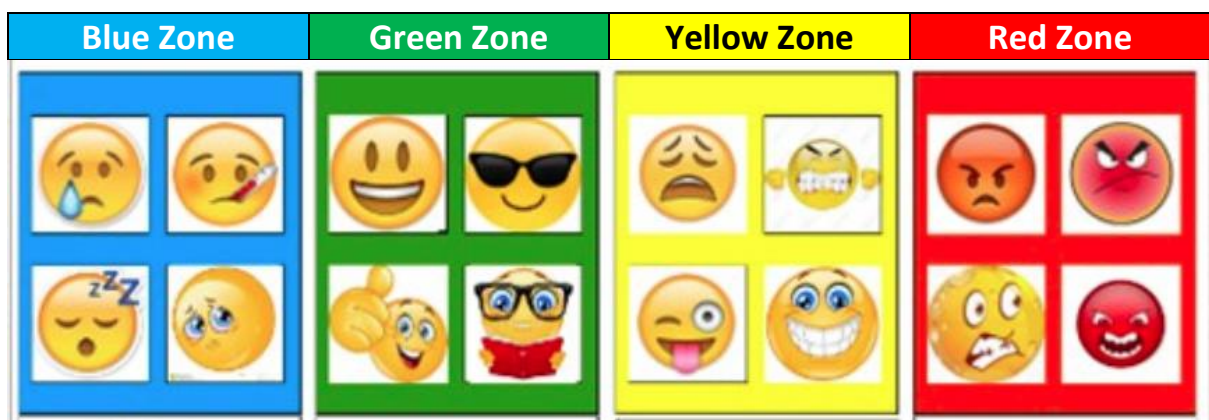


# Zones of Regulation

“Life is 10% what happens to us and 90% how we react to it.” Charles Swindoll

You many have heard your child talk about the Zones of Regulation. This is a system we use in school to help children learn how to accept and regulate their emotions. There are four zones into which emotions are arranged. These zones help children to explain how they are feeling, for example, “I am feeling blue today because I slipped over on the playground.”

The work we do in Learning and Life Skills helps the children to understand their emotions in more depth and the influence emotions can have on our actions.



Children are taught that all zones are ok. It is important that adults don't say things like, "What would help you get back to green?" as this implies the other zones are not desirable.

Each emotion has its function, for example if we are scared this can protect us from harm. The children are encouraged to develop their own individual toolkit of strategies to regulate their emotions that they can draw upon when they feel in a certain zone. For example, when they are feeling yellow, they might get up from their seat walk to the sink and have a drink whilst looking out of the window and connecting with nature for a moment. Below is an example of a toolkit.



I might feel	What might help me
Sad 😞	Rest 😴
Tired 😫	A drink 🥤
Lonely 😞	A snack 🍪
Bored 😞	Fresh air 🌳
Sick 🤒	A cuddle 🤗
Hurt 😞	Speak to a grown up 🗣️
Slow Energy 🐢	Play a game 🎮



I might feel	What might help me
Calm 😊	Being aware of my feelings changing 🤔
Happy 😄	Remembering if I slip into another zone I can use my strategies to help me 😊
Friendly 🤝	
Safe 😊	
Loved 🥰	
Able to think 🤔	
Able to Learn 📖	
In control of my choices 🚦	



I might feel	What might help me
Frustrated 😞	Quiet time 🧘
Worried 😞	Peanut Ball 🥥
Loud Voice 🔊	A drink 🥤
Over Excited 🤪	A snack 🍪
I play too rough 🤪	Deep breath 🤫
Nervous 😞	Fresh air 🌳
Less Control 🚦	Say how I feel 🗣️
I want to say mean words 🗣️	Make a deal 🤝
	Role play 🎭
	Count to 10 123
	Weighted blanket 🛏️



I might feel	What might help me
Angry 😡	An adult nearby 👤
Scared 😨	Going to my safe place 🏠
I want to cry 😭	Kind words 💬
Unsafe 😨	Quiet voices 🗣️
I want to scream 🗣️	Time to calm ⌚
I want to run 🏃	Deep breath 🤫
I want to hit 🖐️	A squishy hug 🤗
Out of control 🚦	when I am ready

The Zones of Regulation was developed by Leah Kuipers and there is more information on this website:

<https://www.zonesofregulation.com/learn-more-about-the-zones.html>