



Parents' Guide to: **Zones of Regulation**

Sir Donald Bailey Academy

At SDBA, we use the Zones of Regulation as a way to teach and support our children to manage and regulate their emotions.





What is it?

The Zones of Regulation is an approach which supports children in **managing their feelings**.

By categorising the different ways we can feel and states of alertness, children can be supported to identify their own feelings and understand how their feelings can then affect their behaviour.

The ZONES of Regulation®

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



Why do we use it?

To teach our pupils:

- How to identify their feelings as well as read others' facial expressions

- Understand how their behaviours can influence others' thoughts, feelings and behaviours
- How to regulate their own feelings and in doing so, develop their own strategies to self-manage their thoughts and emotions.
- Problem solve and find positive solutions to different emotions



The ultimate goal is for independent regulation.

What does it look like in school and how do we use



Children are encouraged to talk about their feelings! By doing so, this will support their understanding and consolidate their learning further.

Our pupils can then decide whether to **check in** with their feelings through the school day.

Our staff can support by reminding them of the 'tools' they could use to help them navigate through their feelings.

Here are some examples:

- Talk to a trusted adult
- Belly breathing (deep breathing exercises)
- Finding a quiet space to calm down
- Drinking water
- Movement and/or sensory breaks
- Mindful sketching



The four zones:

ZONES OF REGULATION

Choose your **zone**. How are you feeling?

Blue	Green	Yellow	Red
			
<p>Sad Sick Tired Bored Moving slowly</p>	<p>Happy Calm Good to go Focused Ready to learn</p>	<p>Frustrated Worried Silly Anxious I need some help</p>	<p>Mad Angry Yelling / Hitting Out of control I need time and space</p>



The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels **sad, tired, sick, or bored.**



The **Green Zone** is used to describe a calm state of alertness. A person may be described as **happy, focused, content, or ready to learn** when in the Green Zone. This is the zone where optimal learning occurs.



The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing **stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness** when in the Yellow Zone.



The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing **anger, rage, devastation, or terror when in the Red Zone.**





Worth remembering...the Red Zone is not bad zone!

In fact, none of the zones are bad!

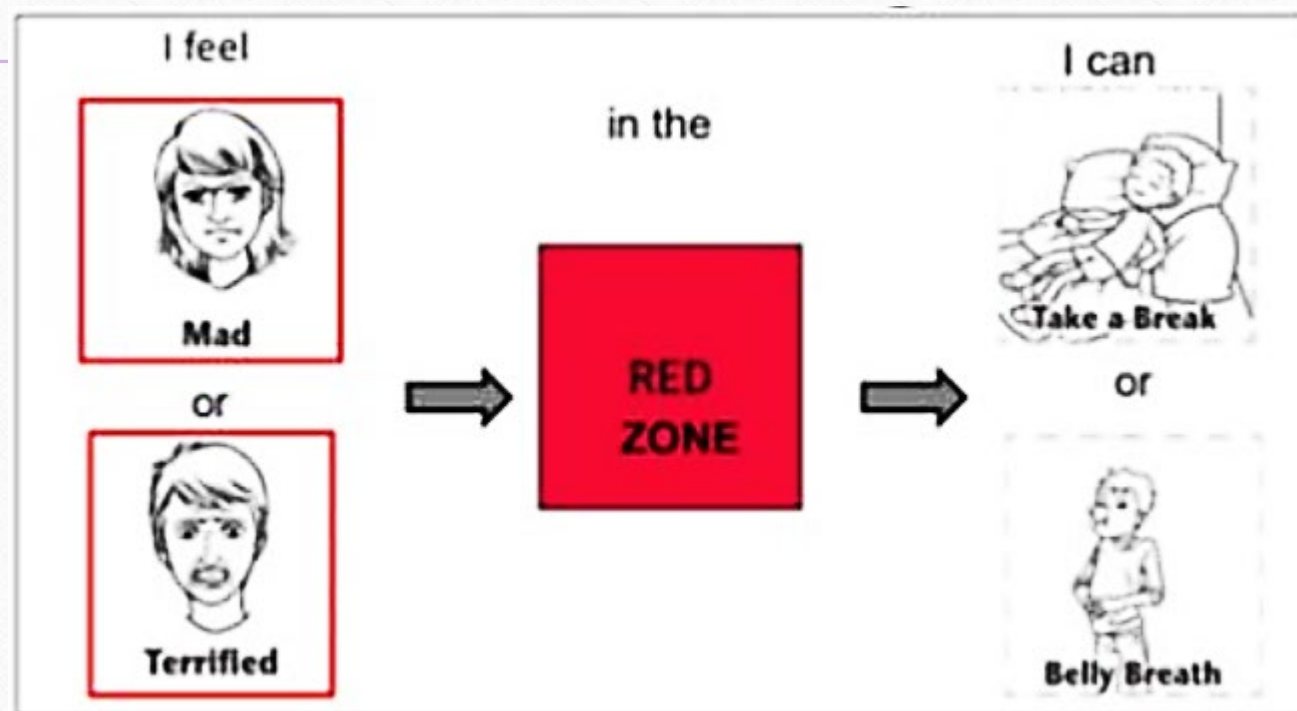
The feelings of anger, terror, devastation etc are perfectly normal

to feel but what matters is **how**

children learn to

regulate and manage these strong

feelings.



Thank you for watching our guide.
We hope it was useful.

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