



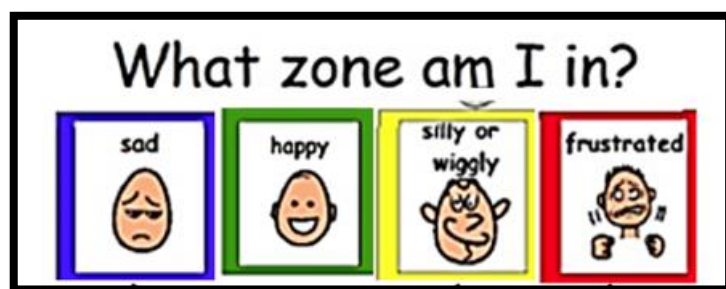
When children display certain types of behaviour, this usually indicates that there are feelings/ experiences or emotions which the child is finding difficult to manage themselves. Typically, a child's behaviour is often their way of communicating with those around them.

As children continue to develop their skills to recognise, respond and control their emotions throughout much of their childhood, there will be times when they need help to manage their emotions. This is where adults come in as co-regulators who can recognise their child's feelings and support them to use a strategy to bring them back to the green zone.

By noticing when a child is moving away from the green/calm zone adults can problem solve before they get to the red/angry zone.

The Zones of Regulation visual is something that is to be used regularly throughout the day, and not just when an individual is about to enter the Red Zone. It is a tool which can be used in school, at home and out in the community, and not just by children! Together, both adults and children can become more aware of each other's emotions, triggers and preferred strategies.

Below are examples of the visuals that are used across the school. Please note: If your child has a personalised Zones visual which is noted on their SEND Support Plan, please get in touch with your child's class teacher for a copy.



EYFS Resource

What zone am I in?



<p>sad</p>	<p>tired</p>	<p>calm</p>	<p>I'm ready to work</p>	<p>silly or wiggly</p>	<p>upset</p>	<p>frustrated</p>	<p>mad</p>
<p>sick</p>	<p>bored</p>	<p>happy</p>	<p>I'm okay</p>	<p>hyper</p>	<p>confused</p>	<p>yelling</p>	<p>hitting</p>

KS1 Resource

The ZONES of Regulation™



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly

GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Relaxed

YELLOW ZONE

Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some Control

RED ZONE

Mad/Angry
Terrified
Elated/Ecstatic
Devastated
Out of Control

KS2 Resource

If you have any queries about The Zones of Regulation, please contact Mrs Collins (SENCo) via the school office.