







Dear parents/carers,

We are launching the Zones of Regulation throughout whole school. Your child may chat to you about the zones and this short letter is a quick introduction so you are better informed. It is important that we work together to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge, by teaching them how to cope with these feelings we are helping them to build resilience.

We aim to help children to:

- Recognise when they are in the different zones and learn how to change or stay in the zone they are in
- Increase their emotional vocabulary so they can explain how they are feeling
- Identify a range of calming and alerting strategies that support them

What are the different zones?

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



How can you help yourself?

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

You can help your child use The Zones of Regulation at home -here are some ideas and there are many ideas and pack available on line.

- Identify your own feelings using zones language in front of your child (e.g.: "I'm frustrated. I think I am in the Yellow Zone.")
- Talk about what tool you will use to be in the appropriate zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")
- At times, wonder which zone your child is in. Or, discuss which zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- Engage your child in discussion around zones -when they are in the Red Zone discussion will be difficult so you need to be discussing the different zones and tools they can use when they are more regulated / calm.
- Regular check-ins. "How are you feeling now?" and "How can you get back to Green?"
- When modelling, it is important to remember to show the children how you use tools to get back to the Green Zones. You might say "I am going to make myself a cup of tea and do some breathing exercises because I am in the Blue Zone" and afterwards tell your child how using those tools helped you get back to the Green Zone.
- Share how their behaviour is affecting your zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- Praise and encourage your child when they share which zone they are in.

If you have any further questions please ask your child's teacher or contact school.

Mrs. H Smith

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