



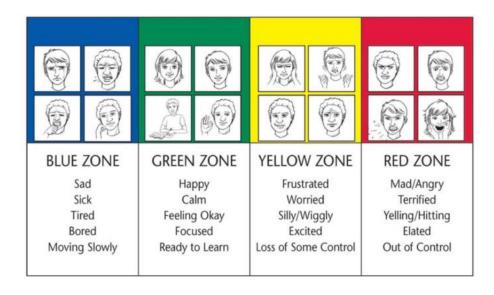
Dear parents/carers,

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

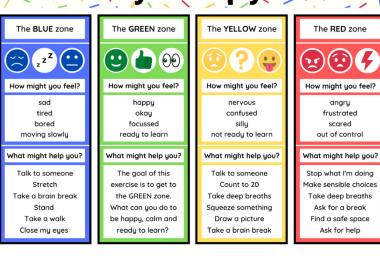
What are the different zones?











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.

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