



Dear Parents/Carers,

This term we will be implementing a whole school approach called *The Zones of Regulation* (or 'The Zones' for short). The Zones is a curriculum that teaches children scaffolded skills towards developing self-regulation by building awareness of their feelings and internal state. Over time, each child develops a 'toolbox' of strategies to use for self-care, overall wellness and healthy connections with others. The Zones provides a common language and compassionate framework to support positive mental health and skill development for all.

The Zones works by creating a systematic approach to teach regulation by categorising all the different ways we feel and our states of alertness into 4 coloured zones. There is no good or bad zone, we all experience a range of emotions. It is a highly visual approach designed for all ages and teaches each child about their unique self.

# The ZONES of Regulation

<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified

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Adapted from *The Zones of Regulation 2-Storybook Set* | Available at [www.socialthinking.com](http://www.socialthinking.com)

The Zones lessons and activities are designed to help children to recognise when they are in the different zones and how to use their strategies to either **calm** or **alert** to change or stay in a zone. Green zone is the optimum zone for learning. Children also gain an increased vocabulary of emotional terms, skills in reading other people's feelings and perspectives about how others see and respond to their behaviour. The approach teaches problem-solving skills and gaining perspective of '**big**' and '**little**' problems.

Children learn that their feelings and emotions can lead to '**expected**' and '**unexpected**' behaviours and that those behaviours can have an impact on children and others around them.

You can support your child at home by asking them which zone they are, e.g. "*I wonder if you are in the yellow zone, you seem a bit worried.*" Naming the emotion can help with emotional literacy and show that you can see they are feeling uncomfortable. Exploring sensory ideas to help your child feel calmer will also really help. Some children find colouring, play dough, using stress ball/fidget toys, time playing outdoors, exercising or reading beneficial. You could also try using relaxing music, children's yoga, deep breathing exercises or mindfulness.

The key message is to help your child understand that it is ok to feel angry, be worried or scared but over time they do need to use ways to help themselves manage those uncomfortable feelings and self-regulate. This may also help them with their self-esteem and resilience.

Kind regards,

Mrs Ives  
(SENCo)