

# Zones of Regulation

At Stoke Holy Cross Primary School, we recognise the importance of promoting positive mental health and emotional wellbeing to our students and their families. We aim to create an open culture around the discussion of mental health and wellbeing and to empower our children be able to regulate their emotions. By implementing the Zones of Regulation curriculum, we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and improve their wellbeing.

## Zones of Regulation

The Zones of Regulation is a curriculum based around the use of four colours to help children self-identify how they're feeling and categorise it based on colour. The children learn different strategies to cope and manage their emotions based on which colour zone they're in. Additionally, the Zones of Regulation helps children to recognise their own triggers and to understand how their actions affect other people.



**WHAT ARE THE ZONES?** There are four zones to describe how your brain and body feel.

**BLUE Zone** - Your body is running slow, such as when you are tired, sick, sad or bored.

**GREEN Zone** - Like a green light, you are "good to go." Your body may feel happy, calm and focused.




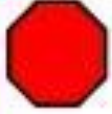
**YELLOW Zone** - This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly or surprised. Use caution when you are in this zone. - think about your Zones Toolbox.

**RED Zone** - This zone is for extreme emotions such as anger and aggression. When you are in this zone, you have trouble making good decisions and should STOP - take Time Out!

It is perfectly normal to experience a range of different emotions and we have been learning about a variety of coping strategies - 'The Zones Toolbox'

When we are aware that we are struggling to regulate our emotions we can think about coping strategies.

Here is an example 'Toolbox' of strategies to support regulation.

 <p><b>Blue Zone</b> <b>Tools:</b> Rest Stop</p> <ul style="list-style-type: none"><li>• Take a break.</li><li>• Think happy thoughts.</li><li>• Talk about your feelings.</li><li>• Ask for a hug.</li><li>• Draw a picture</li></ul>	 <p><b>Green Zone</b> <b>Tools:</b> Go Time</p> <ul style="list-style-type: none"><li>• Complete your work.</li><li>• Listen to the teacher.</li><li>• Remember your daily goal.</li><li>• Think happy thoughts.</li><li>• Help others.</li></ul>
 <p><b>Yellow Zone</b> <b>Tools:</b> Slow Down</p> <ul style="list-style-type: none"><li>• Take a break.</li><li>• Talk to the teacher.</li><li>• Squeeze my stress ball.</li><li>• Go for a walk.</li><li>• Take three deep breaths.</li></ul>	 <p><b>Red Zone</b> <b>Tools:</b> Stop</p> <ul style="list-style-type: none"><li>• Take a break.</li><li>• Squeeze my stress ball.</li><li>• Take three deep breaths.</li><li>• Count to ten.</li><li>• Talk about my problem.</li></ul>