

Holy Family Catholic Primary School



Zones of Regulation *Information for Parents*



*'At Holy Family we grow, learn and
succeed in the footsteps of Jesus.'*

Zones of Regulation

Dear Parents,

At Holy Family Primary School, we recognise the importance of promoting positive mental health and emotional wellbeing to our children and their families. In line with our ethos around the discussion of mental health and wellbeing, we want to empower our children be able to regulate their own 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 a bank of strategies to help regulate their emotions and improve their wellbeing.

The Zones of Regulation is a range of activities to help children develop skills in the area of self-regulation; also known as self-control, self-management or impulse control.

The Zones of Regulation is a curriculum based around the use of four colours (green, blue, yellow, red) to help children self-identify how they are feeling and categorise it based on colour. The curriculum also helps children better understand their emotions and sensory needs. The children learn different

approaches to cope and manage their emotions based on which colour zone they are in.

The Zones of Regulation helps children to recognise their own triggers, learn to read facial expressions, develop problem-solving skills, and become more familiar with how their actions affect other people.

Blue	Green	Yellow	Red
			
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

Each classroom will have its own 'Zen Zone' where children can visit and self-regulate their emotions at different times during the day. There will be additional zones around the school where children might go to carry out specified, carefully planned activities in order to help self-regulate how they are feeling throughout the day. An example could be making use of Lego Therapy when in the red zone to help calm and compose one-self if feeling frustrated or angry.





On any day, we will experience all zones and there are no good or bad zones- however our success in regulating our emotions depends on us recognising our emotion, understanding it and putting a support strategy in place.

The Zones explained

The Green Zone



What is the Green Zone?

The green zone is used to describe when you are in a calm state of alertness. Being in the green zone means you are calm, focused, happy, or ready to learn. This is mostly the state you want your child to be in. It is also the state most needed in the classroom in order to learn.

How would your child behave in the Green Zone?

Calm

Focused

Happy

Laughing

Feels safe

Ready Relaxed

Smiling

How might your child be feeling in the Green Zone?



What strategies do we implement in school to keep children in the Green Zone?

Celebrate Mental Health focused days throughout the school year

PSHE lessons

Mindfulness activities

Positive behaviour policy

Encourage a healthy lifestyle

Teach children how to keep fit

What strategies can you use at home?

Self-care- treat children to a relaxing bath or night off homework

Organise clothes for school the night before to prevent stress

Spend time with friends and family

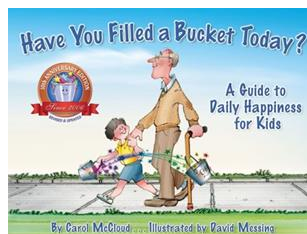
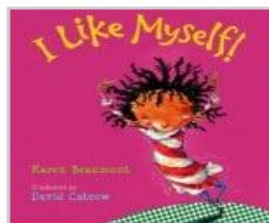
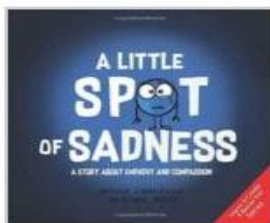
Take time out to do something your child loves to do

Eat healthy and nutritious food

Drink plenty of water

Get 8 hours+ sleep

Stories to read at home



The Blue Zone



What is the Blue Zone?

The blue zone is used when a person is feeling low states of alertness or arousal.

When you are in the blue zone you may be feeling down – sad, sick, tired, or bored. You are still in control, but with low energy emotions.

How would your child behave in the Blue Zone?

Moving slowly

Sad

Tired

Gloomy

Bored

Sleepy

Difficulty in concentrating

How might your child be feeling in the Blue Zone?



What coping strategies do we implement in school?

Exercise

Sensory breaks

Reflecting on what makes us happy

Talking to teachers and friends

Sensory toys

What strategies can you use at home?

Listen to upbeat music

Exercise

Get up, get showered and get dressed

Jump on a trampoline

Talk to a friend

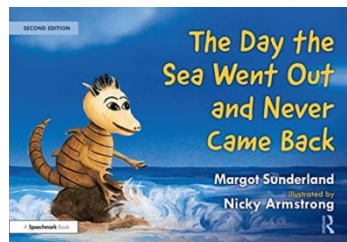
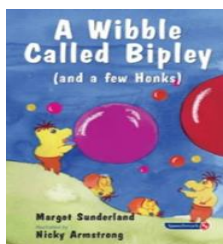
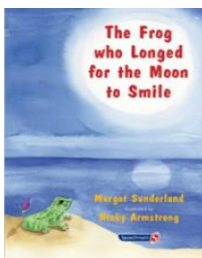
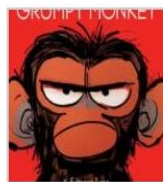
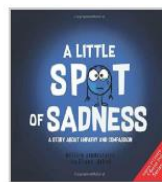
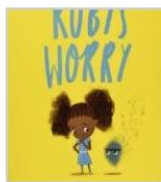
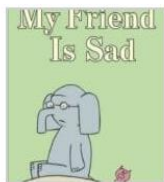
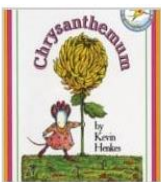
Do something creative

Cuddle or play with pets.

Go for a walk

Plan a fun activity

Stories to read at home



The Yellow Zone



What is the Yellow Zone?

The yellow zone describes when you have a heightened sense of alertness. This is not always a bad thing, and you typically still have some control when you are in the yellow zone. Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly – which is okay in the right situations.

How would your child behave in the Yellow Zone?

Wobbly

Frustrated

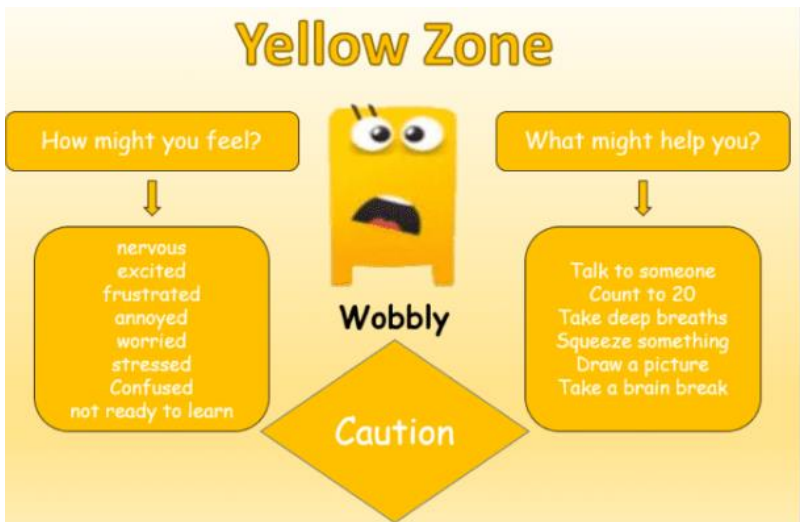
Can't do mind set

Silly

Annoyed

Excited

How might your child be feeling in the Yellow Zone?



What coping strategies do we implement in school?

Breathing strategies

Meditation

Sensory toys

Lego Therapy

What strategies can you use at home?

Breathing techniques

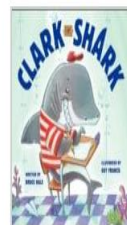
Take time out

Relaxing exercises e.g. yoga/ stretches

Meditation

Listening to calming music

Stories to read at home



The Red Zone



What is the Red Zone?

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they are no longer about to control their emotions or reactions.

This is the zone children are in during 'meltdowns.' Being in the red zone means you are feeling anger, rage, terror, or complete devastation and feel out of control.

How would your child behave in the Red Zone?

Out of control

Trapped

Rage

Alone

Cross

Yelling

Angry

Scared

Frightened

How might your child be feeling in the Red Zone?



What coping strategies do we implement in school?

Take time out

Use a stress ball

Use the Zen Zone in class

Red Zone activities around school

Time to talk through our thoughts, feelings and behaviours

Breathing strategies

Peanut Ball

What strategies can you use at home?

Talk to an adult

Hug a teddy

Wall pushes

Pop bubble wrap

Wrap your arms around yourself and squeeze

Write down what's bothering you and rip it up

Squeeze a stress ball

Talk about it

Scribble on paper and crumple it up

Use breathing techniques

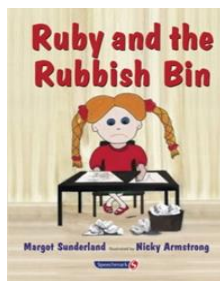
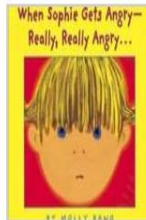
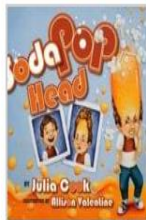
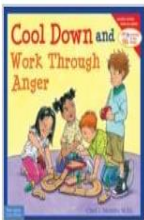
Do stretches

Listen to calming music

Take time out

Use sensory glitter jars

Stories to read at home



We hope you have found this information useful and that the strategies included can support your child both at home and in school when needed. If you have any questions, please speak to class teachers or Mrs Clark for further guidance – we are always happy to help.

Thank you for your continued support.

Mrs Clark

SENDCO.