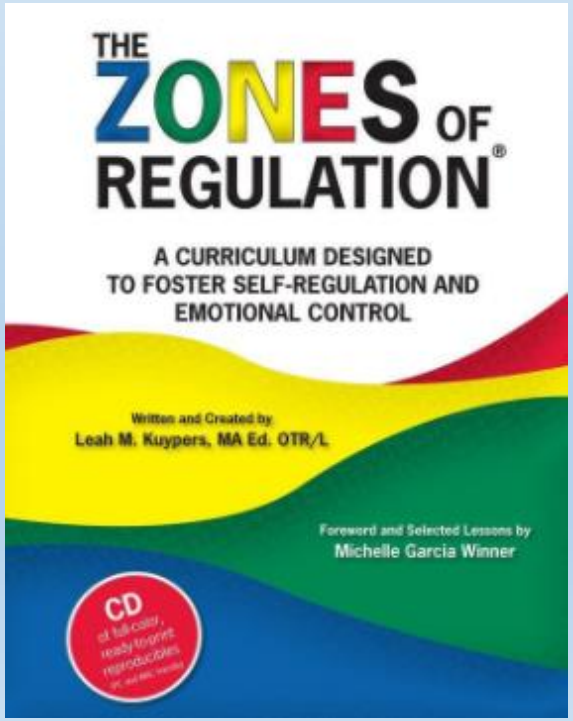
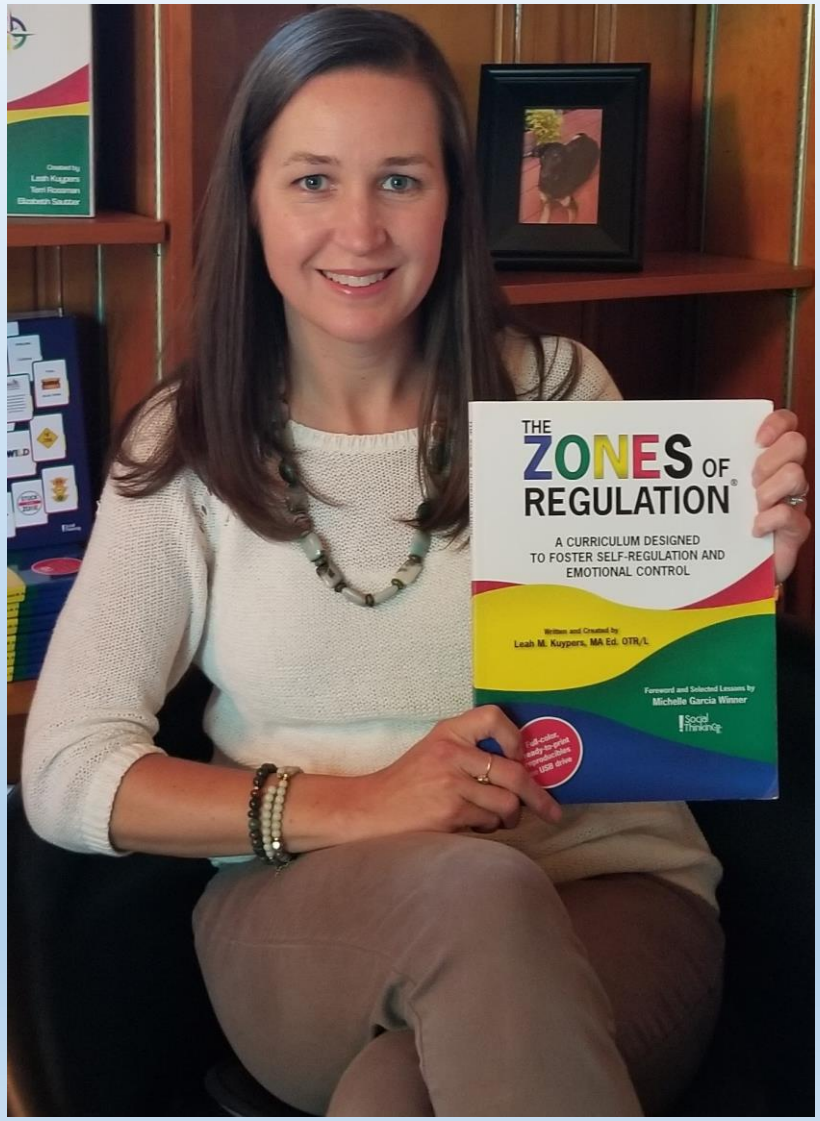
The Zones of Regulation at Gresham Primary School

Julie Gough

Information for Parents



The Zones of Regulation framework and curriculum is based on years of applied experience by the author, Leah Kuypers. As an occupational therapist and autism specialist working in both clinical and educational settings, Leah saw the need for all learners to develop regulation skills.

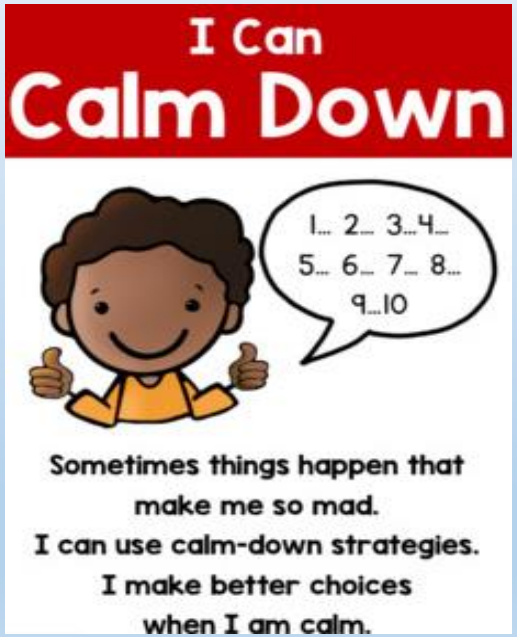


Self Regulation and The Zones of Regulation ®

At Gresham, we are using the Zones of Regulation ® to help all children notice their feelings and develop skills in the area of self-regulation.

Self Regulation supports:

- *Self Control*
- *Focus*
- *Resilience*
- *Anger Management*
- *Impulse control*
- *Sensory Regulation*



How else can Self Regulation help my child?

- remaining calm and organised in a stressful situation
- cheering themselves up after a disappointment
- recognising when they are experiencing sensory overload so that they can make adjustments
- supports understanding around social interactions e.g. when it's appropriate to cheer and shout and when to be calm and quiet.

More reasons for using The Zones of Regulation…

In addition to addressing self-regulation, The Zones of Regulation help children have:

- an increased vocabulary of emotional terms
- skills in reading other people's facial expressions
- perspective about how others see and react to their behaviour
- insight into events that trigger their behaviour
- calming and alerting strategies

Aims of Zones of Regulation ®?

- To enable children to recognise and name a range of emotions so that they can share how they are feeling.
- To help children recognise which 'Zone' they are in and which 'tools' will support them in this zone.
- To help children understand that emotions, sensory experiences, physiological needs (e.g. hunger/lack of sleep) and environments can influence which Zone they are in.
- To help children work out what lies behind their move from one Zone to another i.e. which of their physical, sensory, emotional or learning needs are being met really well or less well e.g.

- ‘When my friend shared his toys with me, I felt happy and liked, so I moved to the Green Zone. But when I couldn’t understand my Maths, I got frustrated and angry, and I moved to the Red Zone.’

- To identify a range of different calming and alerting strategies/tools to support them to move into the green zone. They may want to personalise and change the tools to make them more effective.

The Zones

- The Zones of Regulation is based around the use of four colours to help children self-identify how they're feeling.

- It is important to note that we all experience each of the zones and there are no bad zones (this is not a behaviour management system).

The Blue Zone

The Blue Zone is used to describe low states of alertness, such as when one feels, sad, tired, sick or bored. This is when one's body and or brain is moving slowly or sluggishly.

To move out of the blue zone, we need to do so wake our bodies up.

The Yellow Zone

The Yellow Zone is also used to describe a heightened state of alertness; however, the person has some control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in the Yellow Zone (e.g. wiggly, squirmy, or sensory seeking).

When in the Yellow Zone the child is starting to lose some control.

To move out of the yellow zone, we need to do something to slow our bodies down.

The Red Zone

The Red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, panic, terror, devastation when in the Red Zone. Being in the Red Zone can be explained by being overwhelmed by one's feelings and having lost control.

The Green Zone

Good

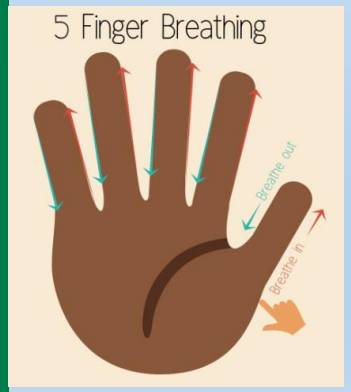
Great

The Goal!

The Green Zone is used to describe a regulated state of alertness. A person may be described as calm, happy, focused or content when in the Green Zone. This is the Zone students generally need to be in for schoolwork and for being social. Being in the Green Zone shows control.

Toolbox


THE ZONES OF REGULATION®
BLUE ZONE
GREEN ZONE
YELLOW ZONE
RED ZONE
Blue Zone Tools
Stretch
Green Zone Tools
Drink water
Yellow Zone Tools
Deep breaths
Red Zone Tools
Take a break


5 Finger Breathing
Breathe out
Breathe in

The ‘Toolbox’ is a collection of calming and alerting strategies a child can pull from depending on the present need. They will get to know which strategies help them, the more they explore their emotions and get to experience a range of strategies.

Tools (or strategies) are used interchangeably to refer to a calming or alerting technique that aids the student to regulate their emotions.

Children learn different strategies to cope and manage their emotions based on which colour zone they are in.

Using Zones at home…

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

You can support your children at home by asking them which zone they are in or trying to identify their zone e.g. 'I wonder if you are in the Yellow Zone, you seem frustrated about…'

Naming the emotion can help your child's emotional literacy and may open up a conversation about how they are feeling, and which 'tool' may help them.

Exploring 'tools' and strategies to support emotions will also help your child to feel calm e.g. colouring, play dough, time outside, star jumps, using sensory toys such as fiddle toys. You could also try; mindfulness, deep breathing exercises, relaxing music or children's yoga.


GREEN ZONE
Ready to learn
I feel happy
I am calm
I feel relaxed
I am proud
What can I do to be ready to learn?
YELLOW ZONE
Slow down
Count to 20
Talk to someone
Take a brain break
Take deep breaths
Squeeze something
BLUE ZONE
Moving slowly
Talk to someone
Take a walk
Stretch
Take a brain break
Close my eyes
RED ZONE
Time to stop
Ask for help
Find a safe space
Make sensible choices
Take deep breaths
Stop what I'm doing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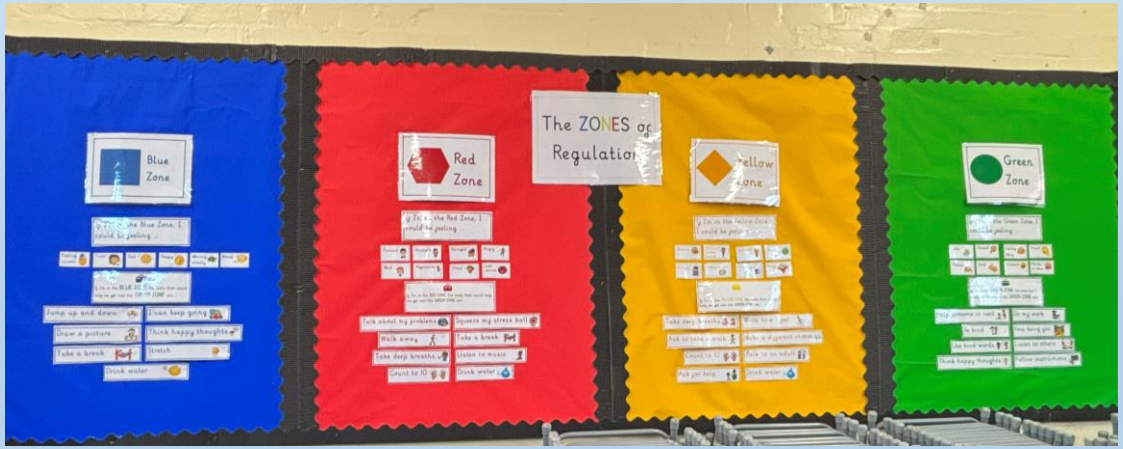
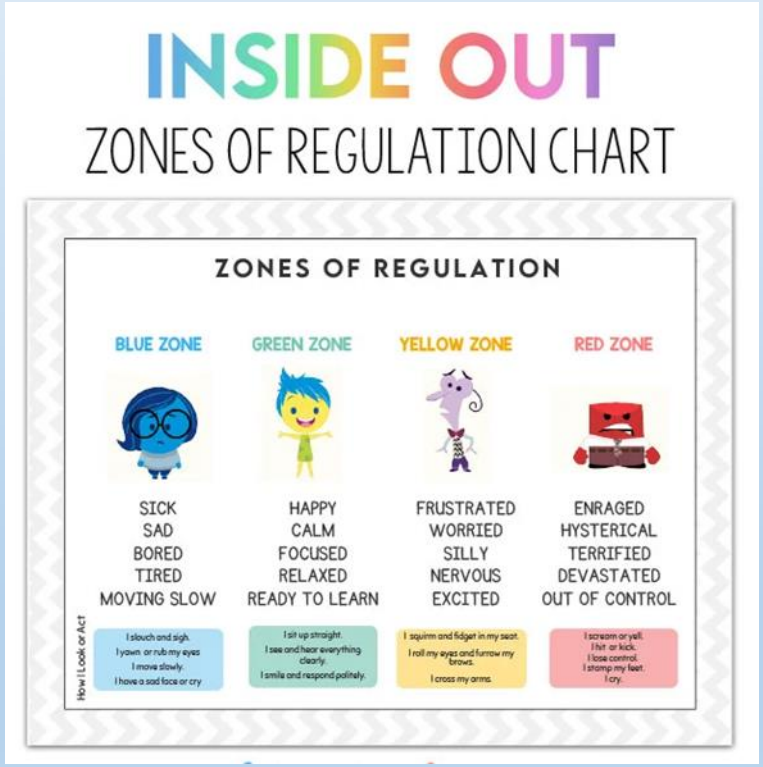
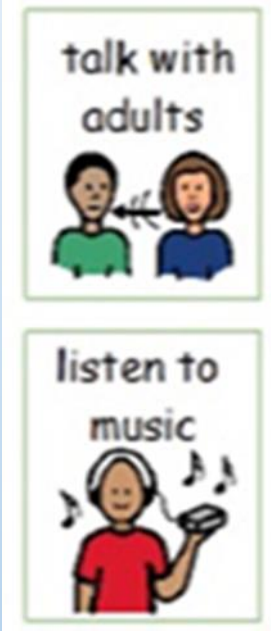

Blue Zone
Red Zone
The ZONES of Regulation
Yellow Zone
Green Zone


could
would
laugh
Yellow Area:
Red Area:
Green Area:
Blue Area:

Using Zones at home…



Some ideas for strategies to get back into the GREEN ZONE



Questions

If you have any questions or would like to discuss Zones of Regulation further, please contact Julie Gough

sen@gresham.croydon.sch.uk