

Regulation strategies.

Blue Zone	<p>Take a walk. Kick a ball. Smile at someone Ask for help. Do something you enjoy such as colouring or doodling. Play a game of rock, paper, scissors. Push ups Carry something heavy.</p>
Green Zone	<p>Use of a focus tool. Moving away from distraction. Reduction in stimuli. Calming music. Move when needed to return. Ask for help when needed. Look for signs of the emotion changing. Trigger avoidance.</p>
Yellow Zone	<p>Read a book. Kick a ball. Colour. Try a weighted blanket. Move to a quieter area. Use a wobble board. Use the break out spaces in the classroom. Change tasks and come back to it later.</p>
Red Zone	<p>Try a change of place or space. Use a safe space. Tunnel breathing. Reduce the stimuli (lights off, ear defenders). Have a self-regulation tool. Finger tug Lazy eight breathing. Movement breaks.</p>

Wall Posters



THE
ZONES OF
REGULATION®


Parent
information
leaflet

Identifying emotions

Using an emotion wall is a great first step to emotional regulation. Using name pegs or photographs of your family to be able to show how you are feeling. Adults modelling this is so incredibly powerful, so do not forget to have a name peg for everyone in the home.

 <https://victoriaroad.sch.im>

 VictoriaRdEnquiries@sch.im

 01624 822208



Victoria Road Primary School

Emotions and their zones

Blue Zone	Sad, hurt, tired, sick, bored, shy, depressed, exhausted
Green Zone	grateful, comfortable, content, hopeful, relaxed, calm, okay, focused, proud, happy
Yellow Zone	frustrated, worried, silly, wiggly, excited, some loss of control.
Red Zone	mad, angry, terrified, elated, ecstatic, devastated, out of control.



Identifying triggers

Proactively identifying triggers for those emotions beyond the green zone can really help to. It is not about avoiding those triggers, but being aware and using the right tools to help work through emotions beyond the green.

We all have a responsibility to regulate our emotions.

THE ZONES

Zones of Regulation focuses on four emotional states. We recognise that all emotions are “OK”, but some emotions make learning easier than others. Zones of Regulation helps children identify what colour their emotion is, so that they can then choose the right regulation tool to allow them to get back to learning.

● Blue Zone

These emotions are low energy emotions. We struggle to have the energy to learn and so need an energising strategy to get back to learning.

● Green Zone

This is the zone where we can learn at our best. We work hard to stay in this zone as we know this is where we are able to thrive.

● Yellow Zone

This is where our energy is beginning to interfere with our learning. We find it hard to focus, may find it hard to sit still and may be beginning to tip into red.

● Red Zone

These emotions are those that are more extreme. This is where unsafe behaviour is most likely to happen and where we may present as being out of control.