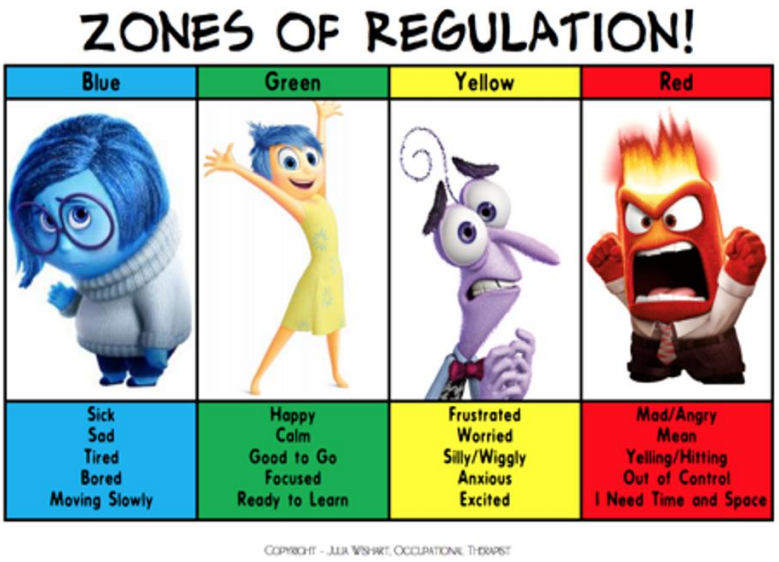
The Zones of Regulation

Parent information



At Fairfield and Colneis, we use 'The Zones of Regulation' to promote positive behaviour management.

What are Zones of Regulation?

The Zones of Regulation teach children to identify and manage their emotions. It is designed so children can foster self-regulation and emotional control.

What is self-regulation?

Self-regulation is the ability to use our thinking brains so we can stop and think before we act.

Why teach self-regulation?

Self-regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

Why use zones of regulation?

Sometimes children can struggle to recognise their emotions, and especially the tools needed for self-regulation. Zones of Regulation is designed to help students recognise their emotions and how this influences their behaviour. As well as learning to understand how their behaviour impacts themselves and those around them, and learn what tools they can use to manage their feelings and states.

We will use Zones of Regulation to teach children how to:

- Identify their feelings
- Be aware of what zone they are in
- Start to use tools to be in the appropriate zone for the moment

What are the zones?

Blue Zone	Green Zone	Yellow Zone	Red Zone
Feelings	**Feelings**	**Feelings**	**Feelings**
Sad Tired Sick Bored	Happy Calm Focused	Frustrated Worried Silly Excited	Mad Angry Afraid
Behaviors	**Behaviors**	**Behaviors**	**Behaviors**
Moving slowly Laying on desk	Sitting in my seat Listening to teachers Doing my work	Wiggly Crying Saying No Not doing my work Not following directions	Yelling Hitting Out of control

The children are taught to identify different feelings and the zones like in the examples below.

Blue – My thinking brain feels slow and sluggish (e.g. tired, sad, unwell)

Green – I can use my thinking brain to learn and problem solve (e.g. happy, calm, well, safe)

Yellow – I can use my thinking brain but it's difficult to listen to it (e.g. worried, excited, angry)

Red – I can't use my thinking brain, I'm just reacting (e.g. over excited, terrified, furious)

What are the tools?





The tools teach children different ways to help them get back into the green zone.

How Can I support Zones at Home?

Every zone is a good zone and appropriate at different times. E.g. It is ok to feel angry and this is normal, for example if you have had a disagreement with a friend or an argument playing football.

It is important that adults identify their own feelings in front of the children. E.g. I am frustrated, I am in the yellow zone.

Adults model what they do about it. E.g. I am going for a walk, I need to get into the green zone.

Adults help the children by labelling the zone they are in throughout the day. E.g. You look sleepy, you are in the blue zone.

Using Zones of Regulation provides a *common language* to discuss emotions – a language that is non-judgemental. Reinforcing the language at home will support child's self-regulation skills at school. Thank you for your support with this.