

What are the Zones of Regulation?

The Zones of Regulation is an internationally renowned intervention which helps children manage their emotions. At Northside, we have started to use the Zones of Regulation throughout the whole school. The zones provide a framework for our children to develop self-regulation. Children learn to identify emotions, recognise events that might make them move to a different zone and use the tools they have learnt to help them remain or move to a particular zone to help them regulate how they are feeling.

What are the different Zones?

Blue Zone: low level of arousal, not ready to learn, feels sad, sick, tired, bored

Green Zone: calm state of alertness, optimal level to learn, feels happy, calm, focused

Yellow Zone: heightened state of alertness, feels frustrated, worried, silly/wiggly, excited

Red Zone: heightened state of alertness and intense emotions, not an optimal level for learning, out of control, feels mad/angry, terrified, yelling/hitting, elated

We teach the children that everyone experiences all of the zones. **The Red and Yellow Zones are not 'bad' or 'naughty' zones.** All of the zones are expected at one time or another and we will be helping the children to recall the things that help them feel calm and green.

What can I do to support the Zones of Regulation at home?

- Identify your own feelings using zones language in front of your child - e.g. "I'm feeling frustrated because..... , I am in the Yellow Zone."
- Talk about which tool you will use to be in the appropriate zone - e.g. "I'm going to go for a walk as I need to get to the Green Zone."
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone - e.g. "I can see you are working really hard to stay in the Green Zone by..."
- Label which zones your child is in throughout the day (e.g. "You look sleepy, I wonder if you are in the Blue Zone?")
- Teach your child which zone tools they can use - e.g. "It's time for bed, let's read a book together in the rocking chair to get to the Blue Zone."
- Share how their behaviour is affecting your zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone
- Create a calm box full of things which help to keep your child calm and alert.

Useful links with more information around regulation:

<https://zonesofregulation.com/3380-2/>

<https://www.theotttoolbox.com/?s=zones+of+regulation>

<https://parentswithconfidence.com/calm-down-strategies-for-kids/>