



What are the...

Zones of Regulation?

We are using a new whole school approach to identify and support children's emotional development called the **Zones of Regulation**.

There are 4 Zones, each one is a different colour.

-Each colour represents a feeling.

Blue- Low, tired, poorly, sad, worried.

Green- Happy, friendly, ready to learn.

Yellow- Excited, fidgety, starting to lose control.

Red- Angry, mad, frustrated, cross, lost control.

-The children will be asked which 'Zone they are in' throughout the day and given tools to help them get back to the Green Zone.

-The children will also understand that it is ok not to be Green all of the time.

-All children's feelings will be acknowledged and those children needing extra support will be identified.

-The children will be taught emotional literacy- using words to describe feelings rather than actions.

-Children who need specific support will be given their own toolboxes with items to help calm and comfort them.

If you have any specific questions about the **Zones of Regulation** please speak to your child's class teacher or Mrs Barnett, School SENCO.

The **Zones of Regulation** was written and created by Leah M. Kuypers and information is available online.

Perryfields Infant School