

# William Harding School Wellbeing Newsletter

Spring 2  
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WILLIAM HARDING SCHOOL  
Aim high... Work hard... Be kind...



## ZONES OF REGULATION

Zones of Regulation is a resource we use in school to help children understand and manage their emotions. We thought it would be a good to share it with parents and carers. It works by categorising feelings, emotions and some actions into different colour groups. This helps children to read their body signals, recognise their triggers and leads to improved control over their emotions and self-awareness as well as improving their problem solving skills and empathy of other peoples feelings. The system can be used at home, please contact the FLO team for more details or resources.



### How to use Zones of Regulation

*Do encourage your child to use their words to describe how they're feeling. Show them the different zones and ask them how they're feeling and which zone they're in. Let them tell you which zone they think they're in. This can be followed by you confirming their recognition. e.g yes, I think you are in the blue zone, you look sad. Then ask them to think of ways to manage their particular emotion, they may need support with this to start but the end goal is for them to acknowledge their feelings and know how to manage it. Always reassure that it's ok to feel each emotion, it's how we manage those emotions.*

*Zones of Regulation should never be used as a punishment tool, there is no bad zone.*

### The ZONES of Regulation®

<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.



## ZONES OF REGULATION

### Blue Zone

The blue zone is used to describe low states of alertness, when the body is feeling slow or sluggish and feelings such as sad, tired, sick or being bored.

Strategies to use when in the blue zone are:

- Talk to someone
- Stretch
- Take a brain break
- Stand
- Take a walk
- Close your eyes

### Green Zone

The green zone is used to describe a calm state of alertness. People may present as happy, focused, content and ready to learn.

When in the green zone you can:

- Play
- Learn
- Help a friend
- Connect with family
- Practice your calming strategies for another time

### Yellow Zone

The yellow zone is used to describe a heightened state of alertness and elevated emotions but they still have an element of control.

Strategies to use in the yellow zone are:

- Talk to someone
- Count to 20
- Take deep breaths
- Squeeze something
- Draw a picture

### Red Zone

The red zone is used to describe an extremely heightened state of alertness and intense emotions.

Strategies to use in the yellow zone are:

- Stop what you are doing
- Make good choices
- Take deep breaths
- Ask for a break
- Find a safe space
- Ask for help

### *How can you help your child use Zones of Regulation at home?*

- Identify your own feelings using zones language in front of your child e.g. 'I'm frustrated, I think I'm in the Yellow Zone'.
- Talk about what tool you will use to be in the appropriate zone e.g. 'I need to take four deep breaths to help get me back to the green zone'.
- Ask which zone your child is in or discuss which zone a character from a film/book might be in e.g. 'You look sleepy. Are you in the Blue Zone?'
- Teach your child which tools they can use e.g. 'It's time for bed. Let's read a book together in the comfy chair to get you in the blue zone'
- Modelling is important, remember to show children how you use tools to get back to the green zone. You might say 'I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone'
- Share how their behaviour is affecting your zone e.g. if they are in the green zone, you could comment that their behaviour is also helping you feel happy/be in the green zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise and encourage your child when they share which Zone they are in.

We've attached a YouTube video featuring clips of Disney/Pixar characters. The video shows two clips and then reveals which zone the characters were in. It's a fun game to play along with at home, guess the zone and discuss why you think they're in that zone.

