

William Harding School Wellbeing Newsletter

Spring 1
2023



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



ZONES OF REGULATION

This half term Family Liaison Officers delivered an assembly on Mental Health and Zones of Regulation. The mental health aspect of the assembly concentrated on healthy and unhealthy ways to seek help. We've explained to the children that phrases such as 'I hate my life' and 'I'm so stupid' are unhealthy ways to express themselves and that these phrases are often said when they can't identify what their feeling and it's not a true reflection of how they think and feel.

We discussed ways children can help themselves as well as ways to ask for help. These include talking to friends, family and adults at school and the phrases they could use to alert us, such as, 'I feel sad', 'I am finding it hard' and 'can I talk?' We also explained that sometimes if they can't verbalise their feelings then they could write, draw or colour to express themselves. We also showed them that as a school we are expanding our Zones of Regulation to include more feelings to develop their emotional vocabulary.

Zones of Regulation

The Zones of Regulation are a system we use in school to help children identify their emotions, develop an understanding of their emotions and give them strategies on how to manage their emotions.

Emotions are grouped into 4 different colours, Blue, Green, Yellow and Red. The key point we always make to children is that no zone is a 'bad' zone. Part of the system is learning to recognize how they move through zones throughout the day and it's ok to have those emotions, it's how we manage them that is important to learn.

The **ZONES** of Regulation®





5 WAYS TO WELLBEING

Blue Zone

The blue zone is associated with feeling tired, sick or sad. As part of us expanding the children's vocabulary we now have 10 symbols for the children to choose from, these include:

- Tired
- Moving Slowly
- Sad
- Sick
- Bored
- Lonely
- Don't know
- Hungry
- Emotional
- Don't know

Green Zone

The green zone is associated with being happy, calm and focused. We wanted to offer the children more access to positive emotions so we now have:

- Mindful
- Proud
- Confident
- Ready to learn
- Alert
- Strong
- Feeling ok
- Focused
- Happy
- Calm

Yellow Zone

The yellow zone is often seen as the middle ground between green and red where children maybe heightening or calming. It's an important zone to support:

- Overwhelmed
- Frustrated
- Losing control
- Worried
- Nervous
- Anxious
- Unfocused
- Silly
- Too excited
- Confused

Red Zone

The red zone is associated with being angry and losing control. Children are often discouraged from being in the red zone or going to the red and while we don't want to children to feel angry it is actually important for them to experience those feelings, it allows them to learn how to process those feelings and how to manage them which helps towards building their resilience.

- Angry
- I need time
- Shouting
- Explosive
- Lost control
- Mad
- I need space
- Aggressive

What Zone Are You In?			
Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Whining Disgusted Out of Control

We are always happy to supply some resources to home if you feel they maybe of benefit, it's good to have a consistent approach. Please contact a member of the FLO team for more details