THE ZONES OF REGULATION

ysgol tŷ monmouth
› INSPIRING LEARNING

What are the Zones of Regulation?

The **Zones of Regulation** is an internationally renowned intervention which is designed to support the emotional well-being children and young people. The zones provide a framework for our pupils to understand and manage their emotions, behaviours and sensory needs. At Ysgol Ty Monmouth the Zones of Regulation is embedded within our everyday curriculum and learning environment.

What are the different zones?

We teach our pupils that everyone experiences all the zones, we're human! There are no 'good' or 'bad' emotions. For example, being in the blue zone is perfect when you're trying to fall asleep, or being in the yellow zone is ideal when preparing your body for a race.

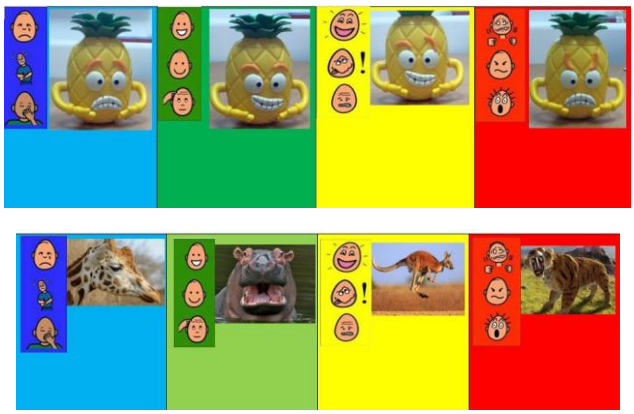
A person can be in more than one zone at once, e.g. blue zone, tired & yellow zone, excited about going on holiday.

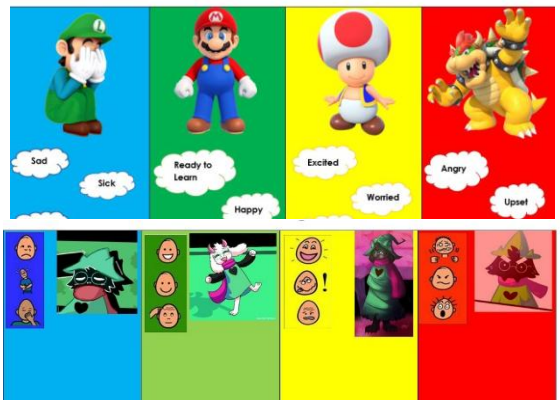
The same emotion can be categorised into different zones, e.g. **disappointed** could be in blue or yellow, depending on the intensity of the emotion.

How will my child learn about the Zones of Regulation?

We use the zones through both explicit and discrete teaching and through our emotional literacy curriculum. We also use the zones language as part of daily school life, so all team members refer to them, not just the class teacher.

Examples of personalised zones boards created by our pupils:





What can I do to support emotional regulation at home?

1. Build check-ins into their regular routine. Especially before or after transitions (i.e. coming home from school or waking up in the morning). Adults should also check-in, authentically.

2. Show your son/daughter how you use tools to help yourself when in the different Zones. For instance, you might say *"I am going to make myself a cup of coffee and have a shower to help wake me up"*. Afterwards tell your child how using those tools helped you feel better.

3. Use the wonder allowed strategy (indirect labelling of feelings). Talk about what you see:

"I've noticed you've been yawning a lot this afternoon, you've not moved much and you've been quiet, I wonder if you're feeling tired?"
[Normalise this feeling]
"When I feel tired, I always find myself yawning too".

4. Model a range of feeling words to help boost their emotional vocabulary – expose your son/daughter to more complex emotion words (use **furious** instead of really angry, **anxious** instead of worried, **content** instead of good.

5. Create a 'calm' box full of things which help to keep your child calm and alert. It could contain their favourite fidget, ear defenders, a fluffy blanket, bubbles, Yoto.

For more information about the Zones of Regulation curriculum, please visit **zonesofregulation.com**