

Zones of Regulation: Reculver CE Primary School uses Zones of Regulation to help children recognize and regulate their emotions. Below is an outline of how it works to enable you to use it at home. You can involve the children to help find strategies to move between zones.

There are also examples of emotions for each zone and breathing exercises to help calm the anxious or angry child.

- The Zones of Regulation is a conceptual framework used to teach children 'self-regulation'
 - Creating this type of system to categorize the complex feelings children experience improves their ability to recognise and communicate how they are feeling in a safe, non-judgemental way.
 - It also allows children to tap into strategies /tools to help them move between zones.
 - The Zones of Regulation categorizes states of alertness and emotions into four coloured zones.
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- **The Blue Zone** is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored.
 - This is when one's body and/or brain is moving slowly or sluggishly.
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- **The Green Zone** is used to describe a regulated state of alertness.
 - A person may be described as calm, happy, focused, or content when in **The Green Zone**.
 - This is the zone children generally need to be in for schoolwork and for being social.
 - Being in **The Green Zone** shows control.
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- **The Yellow Zone** is also used to describe a heightened state of alertness; however, a person has some control when in **The Yellow Zone**.
 - A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in **The Yellow Zone** (such as wiggly, squirmy, or sensory seeking).
 - **The Yellow Zone** is starting to lose control.
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- **The Red Zone** is used to describe extremely heightened states of alertness or very intense feelings.
 - A person may be experiencing anger, rage, explosive behaviour, panic, terror, or elation when in **The Red Zone**.
 - Being in **The Red Zone** can best be explained by '*not being in control of one's body*'.

