

Long Ditton Infant and Nursery School: **The Zones of Regulation**: A curriculum written by Leah M Kypers

As we welcome the children back into school, we will be adopting a new curriculum called **The Zones of Regulation** to help the children to self-regulate their feelings. This information sheet is designed to give you some background information.

The children will put their name on the Zone that they are in each morning and learn to regulate their emotions each day.

The classes will be following a set of 18 lessons designed to Support their learning of **The Zones of Regulation**

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
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

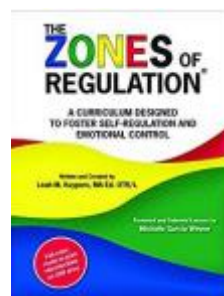
The Zones of Regulation is a curriculum designed by Leah Kuypers, to help children gain skills to 'Self Regulate.'

You can find out more here <https://zonesofregulation.com/index.html>

The Zones teach healthy coping and regulation strategies.

Self-Regulation includes the ability to regulate the following:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control
- Sensory regulation



The lessons and learning activities are designed to help the children to recognise when they are in the different zones, as well as learn how to use strategies to change or stay in the zone that they are in.





An important aspect of this curriculum is to use 'zones language' whilst 'thinking out loud' for example, "This is really frustrating me and making me go into the **yellow** zone. I need a tool to calm down. I will take some deep breaths". This will help the child to gain an awareness of their own zones and feelings.

Show an interest in learning about the student's triggers and zones tools.

Make sure to positively reinforce students for recognising their Zone and managing their behaviours while in it.

- **Blue Zone:** sad, sick, tired or bored (low state of alertness – brain and/or body is moving slowly or sluggishly).
- **Green Zone:** in control, calm, happy and ready to learn (regulated state of alertness).
- **Yellow Zone:** more intense emotions and states but able to maintain control, worried, frustrated, silly, excited, scared or overwhelmed (heightened state of alertness but you still have some control).
- **Red Zone:** elated, angry, wild, terrified. (heightened state of alertness and out of control).

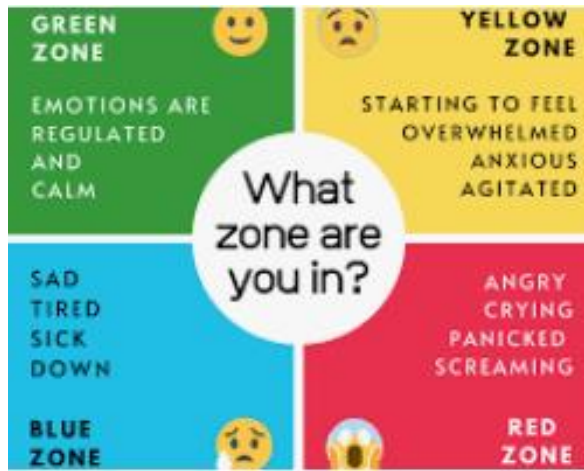
An easy way to remember the **zones** is to think of them as Traffic Signs

	Green means you are ready to go!
	Yellow means you need to slow down.
	Red means STOP!
	Blue means have a rest



Zones Clues' to watch for:

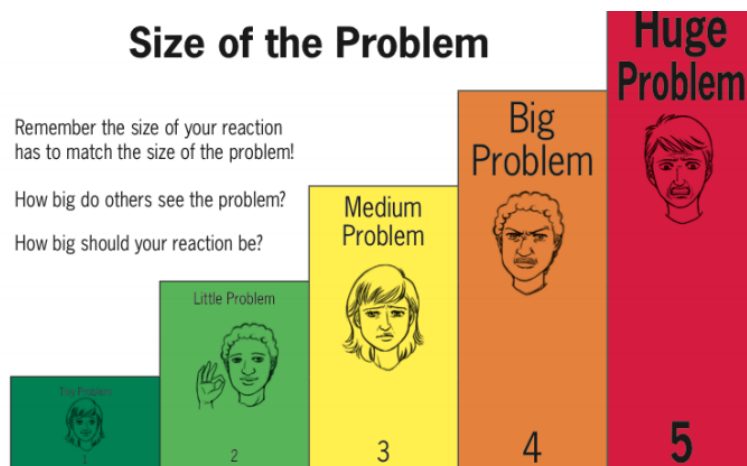
- Face
- Body language
- Gestures (actions)
- Tone of voice and words
- Feelings (emotions) (internal clues)



There are no good or bad Zones

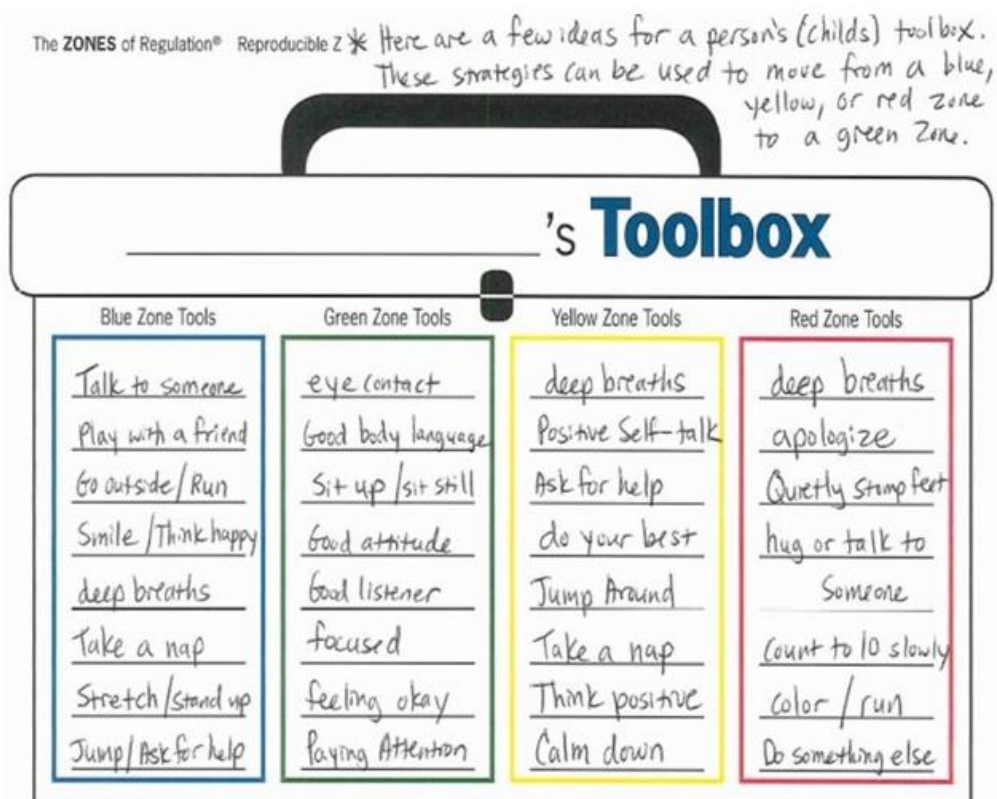
An important aspect of the Zones of Regulation to note is that there are no 'Bad' zones. It is expected that everyone will experience all the zones at some stage. The **red zones** and **yellow zones** are not "bad or naughty" zones.

The below diagram is to help children understand and put their problems into perspective. It reminds us that a huge Problem is something like an earth quake, where as a problem encountered in school, such as not completing work, is a tiny problem. Most of the problems we will see on a daily basis in school are tiny.



Below is an example of Tools you can use to support your child to move **Zones**

Exploring tools and making tool boxes



Please note: The Zones of Regulation is not a behaviour management system. It will run alongside 123 Magic and our other behaviour strategies.

The Zones of Regulation is a way for children to recognise how they are feeling and provide strategies to help them self-regulate their emotions.