

## Zones of Regulation

At Ridgeway Primary School we have incorporated the 'Zones of Regulation' approach across the whole school to support children to manage their own changing and challenging emotions. The Zones of Regulation is a well-researched and established self-regulation technique, which key members of staff have received training in from our link Educational Psychologist.

There are four Zones, and each has a different colour to represent them:

- The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.
- The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.
- The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.
- The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.



Children have access to a colourful, interactive poster (in their classroom and around school) showing the four Zones, a range of emotions and lots of 'Tools' to choose from. These tools help them to regulate their responses and get back in to Green Zone, ready to learn. Some children may also complete a personalised 'Tool Box' to keep in their tray/bag with just three key strategies which they would use to return to Green Zone independently. This can also be used at home.

We recommend the Zones of Regulation as a great way for children/adults to regulate and understand their emotions on their own. Since introducing this approach to understanding behaviour, we have seen the positive impact that this has on children across the school.