







The Zones of Regulation
Parkhead Primary School



What is Zones of Regulation?

Zones of Regulation is an approach used to support the development of self-regulation in children. At Parkhead, we use this approach from nursery to Primary 7. From time to time, all of us (adults included), find it hard to manage strong feelings. The Zones of Regulation aims to teach children to identify their feelings and helps them to manage and cope with these feelings so that they can get back to feeling calm and ready to learn. Childrens feelings and emotions can be categorised into 4 different coloured zones. It is okay for children to know that there are no 'good' or 'bad' zones –we experience all of the zones at different times.

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

Why Do We Use Zones of Regulation?

The Zones of Regulation is a valuable approach as it can support children to:

- identify their feelings
- develop an awareness of what zone they are in
- develop emotional vocabulary associated with zones, allowing them to discuss how they are feeling
- develop and use strategies to support them when in different zones
- develop empathy towards others and their feelings

How Can I Use the Zones of Regulation At Home?

- Discuss with your child how they are feeling and support them to identify which zone they are in
- Identify body cues when they feel an emotion e.g. “I can see that you are sad because you are crying.”
- Ask why they are feeling a certain way, has something happened?
- Discuss when you as the adult, a family member or a character from a book/movie have felt the same emotion and how to regulate in that situation.
- Identify your own feelings in front of your child using the Zones of Regulation e.g. “I am feeling frustrated. I am in the yellow zone.”
- Model what you will do to get yourself back to the green zone e.g. “I am going to take 5 deep breaths.”

Sensory Strategies

- Bear hug
- Swing/rock
- Go for a walk
- Wall push-ups
- Blowing bubbles
- Rolling on an exercise ball
- Wrapping up in a blanket

Calming Activities

- Puzzles
- Listening to music
- Drawing
- Painting
- Lego
- Playdough
- Reading
- Building using small blocks or loose parts
- Mindfulness / breathing exercises