





Children from Reception through to Year 6 follow a programme called 'The Zones of Regulation.'

There are four different zones - red, green, yellow and blue- to help the children to identify with their feelings and emotions.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

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The lessons and activities are designed to help the children recognise when they are in different zones as well as to learn strategies to change or stay in the zone that they are in. This could include talking to someone, breathing exercises or positive self-talk. Children in Key Stage 2 have created their own 'toolbox' of strategies to use when needed.

It is important to note that everyone experiences all of the zones - the red and the yellow for example are not the 'bad' zones. All of the zones are expected at one time or another.