



THE ZONES OF REGULATION®

ZONES OF REGULATION



How we use the Zones at school

All staff use the language around the colour zones in daily school life and the children have regular assemblies discussing how they can self-regulate. There are displays around the school and calm corners in each class.

Displays



Classroom calm corner



Why do we use the Zones of Regulation at Busbridge Infant School?

We want to do everything we can to support the children to grow up to be successful in their adult life. Teaching them about how to recognise and manage their feelings will support them later in life so that they don't turn to negative coping strategies which could affect their mental and physical well-being.

What Zone are you in?

Blue



Sad, sick, bored,
tired, moving slowly

Green



Happy, calm,
focused, relaxed

Yellow



Frustrated, silly,
excited,
worried.

Red

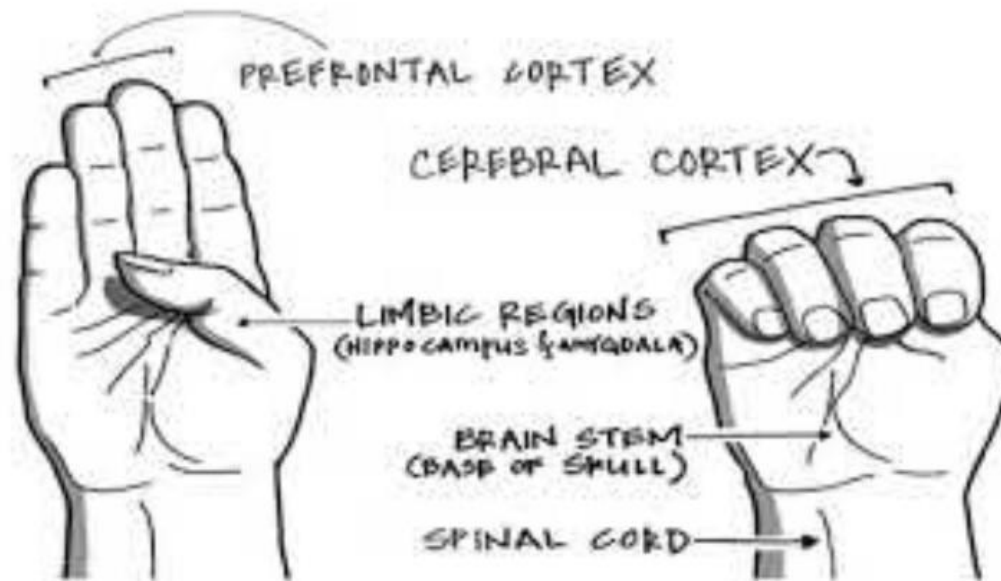


Angry, terrified,
elated, loss of
control.

Understanding what happens in the red Zone

Flipping Your Lid

Hand Model of the Brain



Steps for Supporting Time to Calm Down

- 1 Stop what you are doing
- 2 Pause to calm yourself, step back, take a deep breath, have a quick glass of water
- 3 Give your full attention to your child, seek eye contact at their level and listen
- 4 Empathise with the feeling, even if the behaviour isn't acceptable, e.g. "I can see you are feeling really angry, and it's not okay to hit out at someone"
- 5 Say "it's time to calm down" in a calm voice, followed by "I'm here to help you." Repeat these as necessary, quietly and calmly
- 6 Some children may benefit from a safe, calming place e.g. a big cushion or little den to recover
- 7 Stay with them if they need your help to calm themselves
- 8 Think about using a calming visual object to help recovery, or some calming music or sounds
- 9 If they are hurting themselves or others, place a gentle hand over theirs and say "no, I can't let you do that"
- 10 Welcome them whenever they are ready to re-join what is happening

Tools for Self-Regulation

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
<ul style="list-style-type: none"> • Take deep breaths. • Stretch • Talk to an adult. • Talk to a friend. • Take a walk in the fresh air. • Positive <u>self</u> talk. • Think of your happy place 	<ul style="list-style-type: none"> • Help a friend. • Focus on a task. • Think about what helped you to be in the green zone. • Spread happiness by smiling at others and being kind 	<ul style="list-style-type: none"> • Take deep breaths. • Talk to an adult. • Write or draw how you're feeling. • Have some fresh air. • Take a break. • Wall push ups • Do some exercise. • Positive self-talk. 	<ul style="list-style-type: none"> • Take deep breaths. • Talk to an adult. • Take yourself to a safe, calm area. • Shout into/punch a pillow. • Squeeze a fidget toy or putty. • Get some fresh air.



SENSORY STRATEGIES

- ▶ Bear Hug
- ▶ Swing/rock
- ▶ Go for a walk
- ▶ Wall push ups
- ▶ Sucking smoothie through straw
- ▶ Chewy / crunchy foods (eg.thick slice of bread, carrots)
- ▶ Blow bubbles
- ▶ Classical music
- ▶ Roll on an exercise ball
- ▶ Trampoline
- ▶ Blanket roll



SENSORY TOOLS



Purple



THINKING STRATEGY

Using Positive Self-Talk



"I will get through this. I am stronger than I feel right now."

"This is temporary."

"I can do this. I can handle this."

"I'm allowed to feel this way and will learn from this experience."

"I will go easy on myself."

"I am worthy of love and respect."

"I can let go of anger and fear and let in love and joy."

"No matter what happens, I will be okay."

"I am doing the best that I can."

"One step at a time."

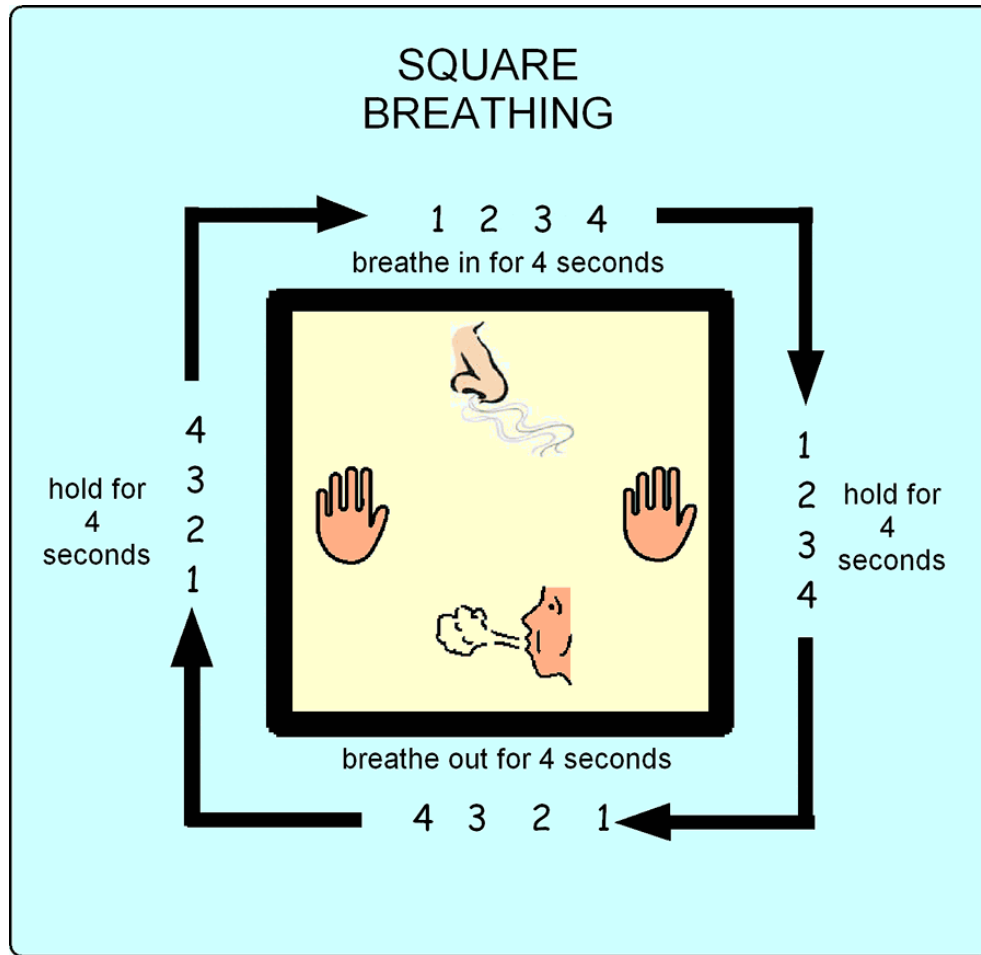
"This situation is not a problem, it's an opportunity."

Which of these positive self-talk statements will work best for you in coping with stress in your life?

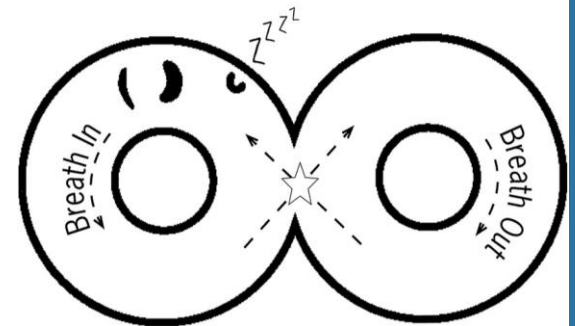


CALMING TECHNIQUES

Breathing



Lazy 8 Breathing



Smell the Flower



blow out the candle



Calming technique


Grounding


Stay Grounded Using Your 5 Senses


Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

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Calming Activities

- ▶ Puzzles
- ▶ Listen to Music
- ▶ Draw/Paint
- ▶ Origami
- ▶ Play-Doh
- ▶ Read
- ▶ Stack Rocks



Supporting someone in the Blue Zone, feeling sad.



Activity

On your table is a colour Zone

- ▶ Have you ever felt like you are in this zone?
- ▶ How did your body feel?
- ▶ Did you self regulate?
- ▶ What tools could you have/did you use?
- ▶ Make a list of tools for this Zone.

“Life is 10% what happens to us and 90% how we react to it.”

Charles Swindoll

HOW CAN I SUPPORT THE ZONES OF REGULATION?

- Identify your own feelings using Zones language in front of your child (e.g. “I’m frustrated, I am in the yellow zone”)
- Use a check in point in the home (e.g. a Lego figure and 4 colour bricks)
- Model how you may use a tool to self regulate (e.g. “I’m going to go for a walk, because I feel frustrated which will help me feel calmer.”)
- Help your child recognise what zone they are in by noticing body signals (e.g. “You look sleepy and you are moving slowly I’m wondering if you are you in the blue zone?”)
- Teach your child which Zone tool they can use (e.g. “you told me that you are in the yellow zone, which tool could you use, maybe the deep breathing?”)

Important things to remember

- There is no 'bad' zone
- Everyone experiences all of the zones at different times and in different circumstances.
- We can't change the way children feel but we can help them manage their feelings/states and behaviours and validate their feelings ' I can see that you are angry and I understand, but it is not okay to...'
- You can be in more than one zone at a time.
- If a child is confident with using words to describe their emotions, they might not always need to relate to this Zone. However, making links to the zones will help them to choose the right strategy to manage their feelings.
- If a child is in the red zone you must limit the verbal - this is not a teachable moment! Instead, discuss the use of tools when the child is calm and well regulated and plan for if/when it happens again.

HOW TO CONNECT BEFORE YOU CORRECT

