

## **Zones of Regulation ®**

We teach all pupils how to use Zones of Regulation to describe and understand their own emotions and the emotions of others. Supporting pupils' emotional literacy supports them to develop their independence and their wellbeing.

Pupils are taught how to sort their feelings into four zones – blue, green, yellow and red. All feelings are valued, and pupils are taught that everyone feels a range of emotions across the day. Pupils are explicitly taught how to recognise what zone they are in and develop individual toolkits to support them feel regulated.

**Blue Zone** – **Sad, Bored, Sick, Tired** (Body is moving slowly)

**Green Zone** – **Focused, Calm, Content, Proud, Happy** (Relaxed, Engaged, Comfortable)

**Yellow Zone** – **Stressed, Worried, Excited, Silly, Frustrated** (Heart beating faster, Body tense, Thinking faster)

**Red Zone** – **Angry, Overjoyed, Terrified, Panicked, Out of Control** (Heart beating fast, Hot and sweaty, Muscles tense)

<https://zonesofregulation.com/how-it-works/>

Some common self-regulation strategies pupils are taught

### **To feel calmer**

- Take 5 Breathing  
[https://www.uhd.nhs.uk/uploads/about/docs/wellbeing/take\\_5\\_breathing.pdf](https://www.uhd.nhs.uk/uploads/about/docs/wellbeing/take_5_breathing.pdf)),
- Slowly Counting to 10
- The 5-4-3-2-1 coping technique for anxiety (*This technique asks you to find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste* <https://www.lpft.nhs.uk/young-people/lincolnshire/about-us/whats-new/grounding-activity> )

### **To feel more alert**

- Go for a walk
- Complete a movement circuit,
- Drink some water
- Talk to someone about your feeling
- Yoga or Mindful thinking and breathing

*If you would like support to use the Zones of Regulation ® at home, speak with your class teacher, who can send home key visuals for you to use*