



Headteacher  
Mr. Dale Bateman

## Coopersale and Theydon Garnon C. of E. V.C Primary School

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Wednesday 21<sup>st</sup> July 2021

Dear Families,

This year our school has been participating in **The Zones of Regulation** curriculum, which are lessons and activities designed to help pupils gain skills in self-regulation. Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when a child plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

The lessons and learning activities are designed to help the pupils recognise when they are in the different zones as well as learn how to use strategies to change or stay in the zone, they are in. Each of our classes has an interactive display which our children access each morning, and the teacher responds to according to where they have placed themselves on the grid. In addition to addressing self-regulation, pupils gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem-solving skills. A critical aspect of this curriculum is that all adults, including parents know and understand the language being used in school. We are hoping this could also be mirrored at home.

To mirror this approach at home, you may like to create your own Zones of Regulation poster to practice their self-regulation skills at home (you can watch this link to guide you: <https://youtu.be/66ogmkG98pl>) Today your child will be taking home some resources to help them make their own Zones of Regulation chart at home- they can be as creative as they like! We recognise that during the holidays all the zones may be experienced at one time or another. The Red and Yellow Zones are not the "bad" or "naughty" zones. Zones of Regulation is intended to be neutral and non-judgemental, what we are trying to do is enable our children to understand their emotions better and to understand that "it's ok".

### The ZONES of Regulation®

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

At school, your child would have been introduced to a 'toolbox of strategies' that they can use when they are experiencing some strong feelings. We are encouraging them to utilise these 'tools' when necessary to help them learn to self-regulate wherever they may be. For example, they can take deep breaths or lazy 8 breathing, taking a break, going for a walk, talking to an adult, counting backwards or even asking for a hug.

If you would like to find out more, you can click on these links: <https://zonesofregulation.com/index.html>  
<https://hes-extraordinary.com/the-zones-of-regulation>

In the meantime, we hope you have a restful summer

Kind regards,

Mrs P. Atwal (Curriculum Lead)      Mrs J. Smart (SENCo)

