

Monday, 12 November 2018

Dear Parents/carers

Last academic year, we trialled a new strategy in school in order to support children with identifying and finding positive strategies to deal with their emotions. This was very successful and has been continued into this academic year.

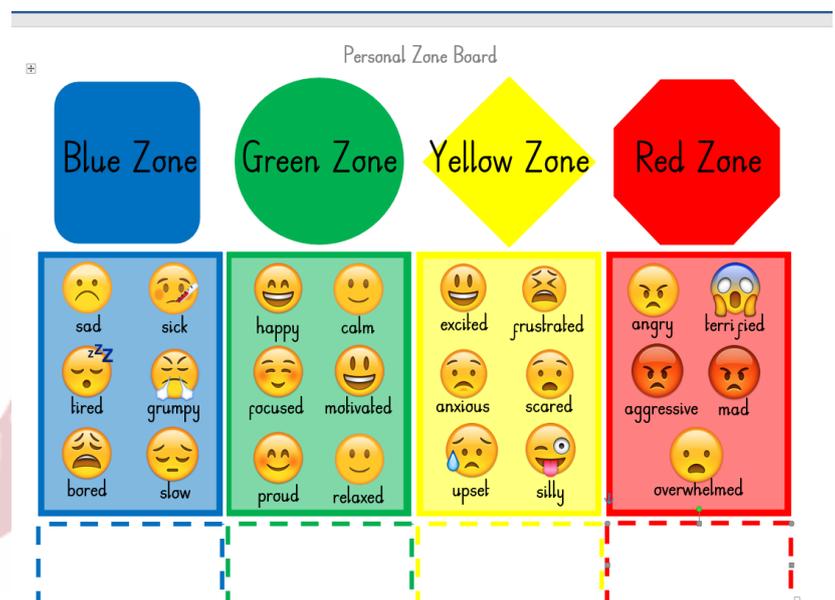
You may have heard your children talk about being in a 'zone'. The system is based around four coloured 'zones' which each describe different type of emotions and/or states of regulation. Identifying which zone they are in at different points throughout the school day, helps children to understand when they are in a good emotional place and ready to learn. The important aspect is that all children and parents understand that it is ok and very normal for all of us to be in all four zones at different times. Whilst this is normal, and acceptable, we need to find ways to deal with these emotions so that behaviour choices are appropriate and helpful to learning.

Over the next few weeks, we want to further develop our children's understanding of the four zones and unpick each type of emotion, finding and practising strategies to remain or return to the green zone – where children are calm, motivated and ready to learn.

In broad terms:

1. Blue Zone – low state of alertness, the body and/or brain is moving slowly or sluggishly.
2. Green zone – regulated state of alertness, in control, happy and motivated
3. Yellow zone – heightened state of alertness, starting to lose some control
4. Red zone – extremely heightened state of alertness and/or very intense feelings, not in control.

The zones are shown in the diagram opposite, including some of the vocabulary that we teach children to describe their feelings.



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Next term, we will be delivering a parent workshop to explain this strategy in more detail but for now, we ask that you support us by encouraging your child to wear a splash of colour on each of the four zoned themed days:

- November 16th – yellow zone day. This is also Children in Need day so we are anticipating that children will be wearing some yellow anyway.
- November 23rd – red zone day
- November 30th – blue zone day
- December 7th – green zone day

Yours sincerely

Mrs Vicki Stephen