

THE ZONES OF REGULATION

PARENT GUIDANCE

What is it?

The Zones of Regulation teaches children to sort their feelings and emotions into 4 Zones, based on how alert, motivated and energised they feel. For each zone, there are tools and strategies that may help your child to feel calm and regulated.

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

Regulation

Children learn how to regulate their emotions by learning from others. This means that we need to teach children what emotions are and how to manage them. Children must feel regulated (safe and calm) before they can learn. As adults we can lead by example, and model how we deal with our emotions to help children.

Relationships

Schools that use the Zones of Regulation develop a shared language for staff and students to talk openly about their feelings.

You might find it easier to chat with teachers and connect with other parents about how your child is feeling if everyone uses the same language to understand each other.

Useful Stuff

The following resources have been developed by Newcastle Educational Psychology Service:

Follow this QR code to a Padlet with lots of book recommendations and other useful resources.



Follow this QR code to watch a short video which explains the Zones of Regulation.



What can we do at home?

- Regularly check-in - how are you all feeling?
- Watch movies, sing songs, read books together.
- Explore emotions with play dough or kinetic sand.
- Play movement games to see how our bodies feel at different times (E.g., sleeping lions, leapfrog).
- Make a poster about your child's Zones.
- Make a toolbox full of things that help your child.
- Try to use language that your child is familiar with (E.g. "You look sleepy, are you in the blue zone?").
- Talk about your own emotions and what you can do... "I am feeling frustrated, I am in the Yellow Zone. I think I need some space to calm down."
- Ask school for help or advice.



THE ZONES OF REGULATION

PARENT GUIDANCE

What is it?

The Zones of Regulation teaches us to sort our feelings and emotions into 4 Zones, based on how alert, motivated and energised we feel. For each zone, there are tools and strategies that may help us to feel calm and regulated.

The **ZONES** of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

Regulation

We learn how to regulate our emotions by learning from others. This means that adults need to teach children and young people what emotions are and how to manage them. Before anyone can learn, they must feel regulated (safe and calm). As adults we can lead by example, and model how we deal with our emotions to help children and young people.

Relationships

Schools that use the Zones of Regulation develop a shared language for staff and students to talk openly about their feelings.

You might find it easier to chat with teachers and connect with other parents about how your child is feeling if everyone uses the same language to understand each other.

Useful Stuff

The following resources have been developed by Newcastle Educational Psychology Service:

Follow this QR code to a Padlet with lots of book recommendations and other useful resources.



Follow this QR code to watch a short video which explains the Zones of Regulation.



What can we do at home?

- Regularly check-in - how are you all feeling?
- Watch movies, sing songs, talk about books together.
- Ask what activities help them to feel good. Some young people prefer sporty stuff and others like arty stuff. Try to make time for the things they enjoy.
- Make a toolbox full of things that are helpful. This might include sensory items like lava lamps or jars, or journals to write and draw in.
- Try to use language that your child is familiar with (E.g. "You seem tired, are you feeling blue?").
- Talk about your own emotions and what you can do together... "I am feeling frustrated, I am in the Yellow Zone. Shall we go on a short walk together?"
- Ask school for help or advice.

are you ok?

