

ZONES OF REGULATION

A Curriculum Designed to Foster Self-Regulation & Emotional Control

At Aurora Redehall we use The Zones of Regulation as a way to teach self-regulation and emotional understanding.

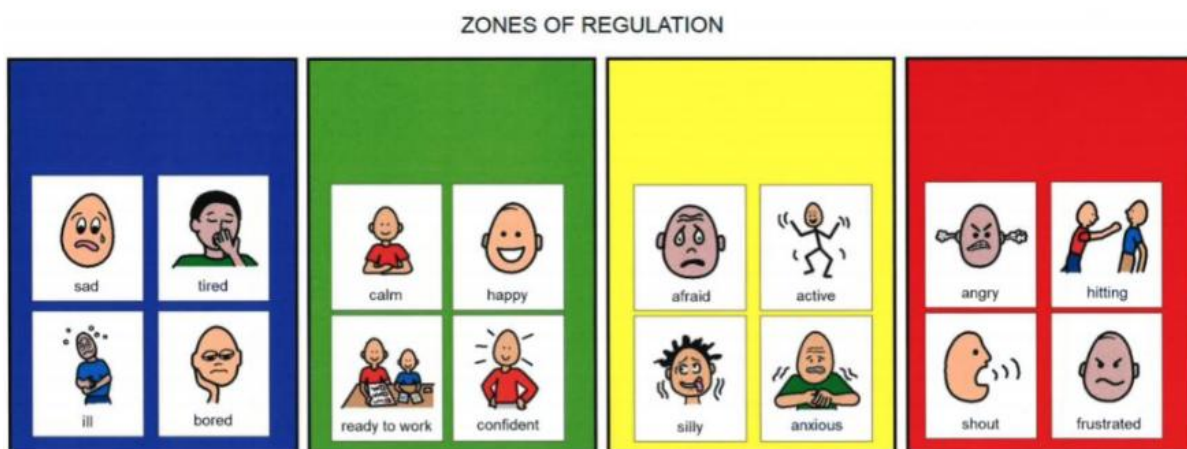
The zones of regulation consist of 4 colours:

Blue Zone: sad, sick, tired or bored (low state of alertness – brain and/or body is moving slowly or sluggishly).

Green Zone: in control, calm, happy and ready to learn (regulated state of alertness).

Yellow Zone: more intense emotions and states but able to maintain control, worried, frustrated, silly, excited, scared or overwhelmed (heightened state of alertness but you still have some control).

Red Zone: elated, angry, wild, terrified. (Heightened state of alertness and out of control).



It is important to remember that for our students, none of these zones are thought of as 'bad' or 'wrong'. With our support the use of the zones help our students understand how they are feeling and to choose appropriate strategies to manage those feelings. All zones are expected at one stage or another!

Some of the aims of The Zones of Regulation:

- To help children recognise when they are in the different zones and how to change or stay in the zone they are in.
- To gain an increased vocabulary of emotional terms so that they can explain how they are feeling.
- To gain insight into events that might make them move into the different zones eg. disagreement with a friend, a certain subject being taught or a fire drill.
- To help children understand that emotions, sensory experiences, physiological needs (eg. hunger/lack of sleep) and environments can influence which zone they are in.
- To develop problem-solving skills to support their self-regulation.
- To identify a range of different calming and alerting strategies/tools that support them. Tools identified may be personalised sensory supports (eg. use of putty at key times), calming techniques or thinking strategies.

By using this curriculum in school our students learn to recognise, understand and cope with their emotions.

To find out more information, find useful resources and online webinars please have a look at:

www.zonesofregulation.com

There are also great videos available on YouTube to support parents and provide further guidance.

<https://www.youtube.com/watch?v=JVtBWiy-VKo>