

The **ZONES** of Regulation®



John Bunyan Primary School and Nursery



A DEFINITION OF SELF-REGULATION:

“...it is defined as the capacity to manage one’s thoughts, feelings and actions in adaptive and flexible ways across a range of contexts.”

Jude Nicholas

It encompasses:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control
- Sensory regulation

WHY IS SELF-REGULATION IMPORTANT?

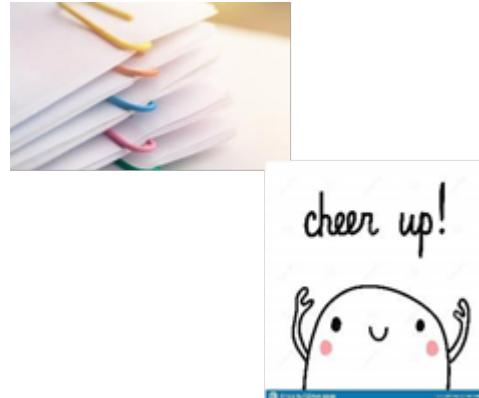
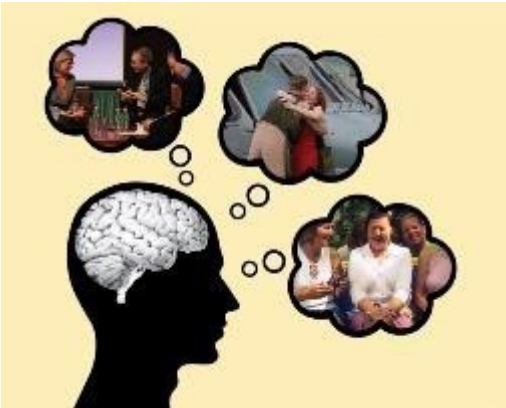
“Life is 10% what happens to us and 90% how we react to it.”

Charles Swindoll

- Research has found that higher academic achievement is more likely when interventions include self-regulation components.
- Typically, children who can self-regulate will turn into teens who can self-regulate.

A PERSON WHO CAN SELF REGULATE IS ABLE TO:

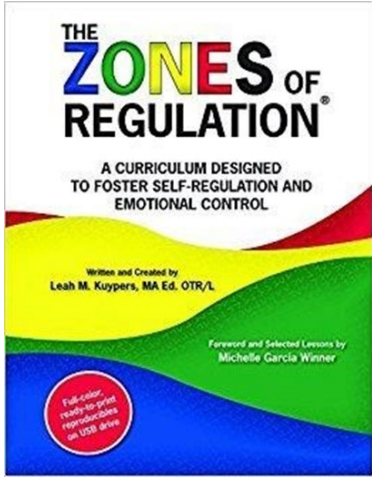
- Remain CALM AND ORGANISED in a stressful situation. (Executive Functions)
- Cheer themselves up after a disappointment. (Emotional Regulation)
- Knows when they are experiencing sensory overload and can make adjustments. (Sensory processing)
- Understands when it is appropriate to cheer and shout and when to be quiet. (Social cognition)



WHY TEACH THE ZONES OF REGULATION?





- The Zones provides a **common language** to discuss emotions in a language that is non-judgemental.
- The Zones of Regulation is **simple** for children to understand but is helpful for all!
- The Zones **teach *healthy* coping and regulation strategies.**

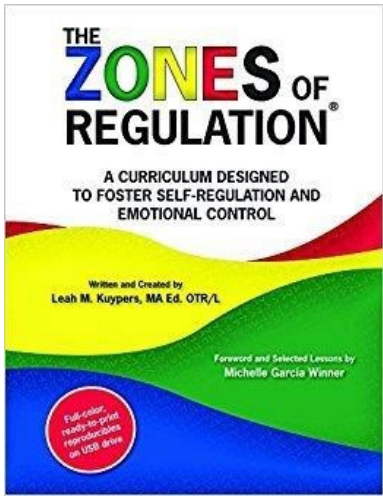
WHAT DO WE TEACH THE CHILDREN?



- The vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills

The ZONES of Regulation®

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



KEY POINTS:

- There is no 'bad' Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can't change the way children feel BUT we can help them manage their feelings/states and behaviours. *"It's OK to be angry but it is not OK to hit..."*
- You can be in more than one Zone at a time (eg. sad AND angry).

UNDERSTANDING **ZONE** TOOLS:



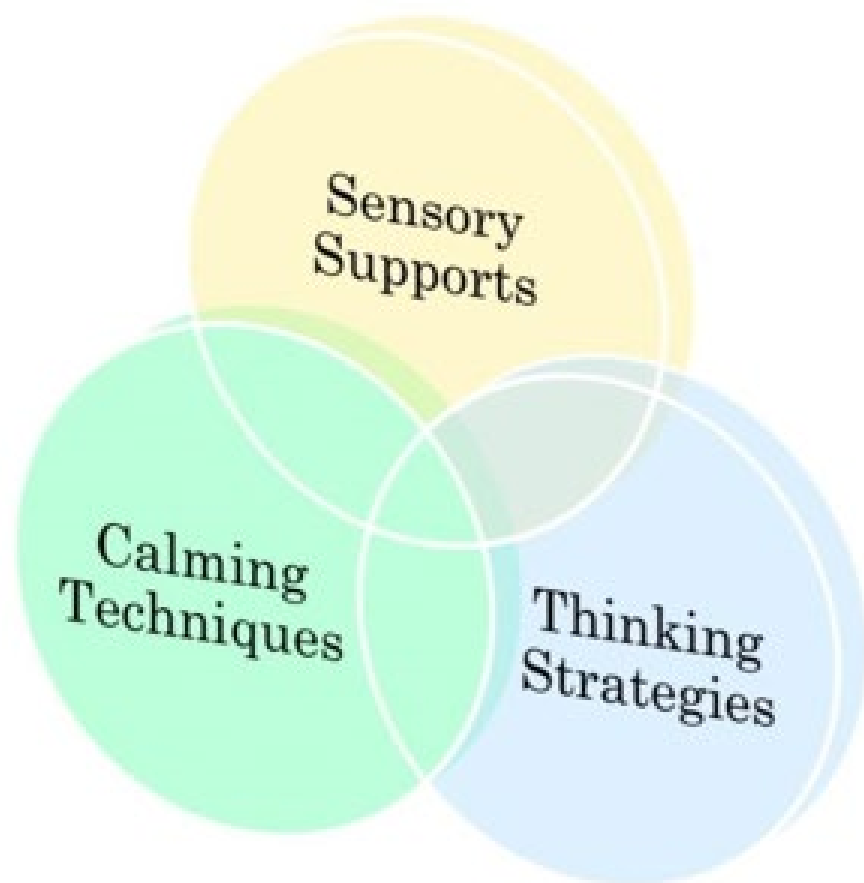
Blue Zone tools: help wake up our bodies, feel better and regain focus.

Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.

Yellow Zone tools: help us regain control and calm ourselves.

Red Zone tools: help us stay safe and start to calm down.

TOOLS FOR SELF-REGULATION



SENSORY STRATEGIES TO TRY AT HOME:

- Bear Hug / weighted resources
- Swing/rock
- Go for a walk
- Wall push ups
- Chewy foods (eg. thick slice of bread)
- Blow bubbles
- Calming music
- Roll on an exercise ball
- Golden mile
- Rolling



THESE ARE NOT TREATS BUT A TOOL TO HELP THE CHILDREN
FEEL REGULATED.

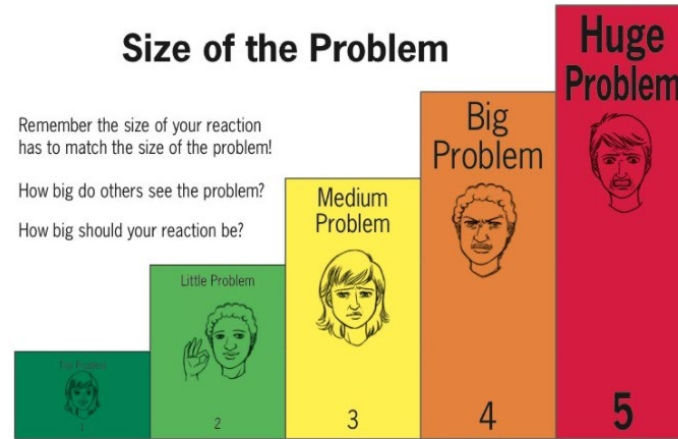
SENSORY TOOLS



Purple

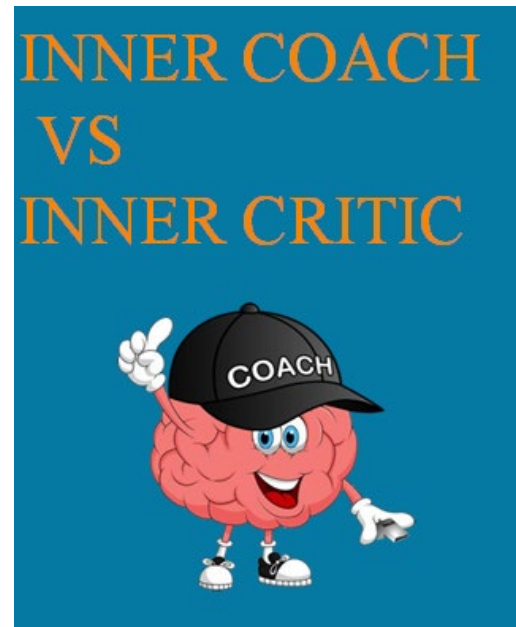


THINKING STRATEGIES

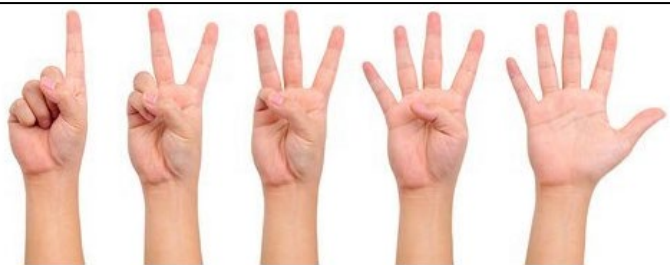
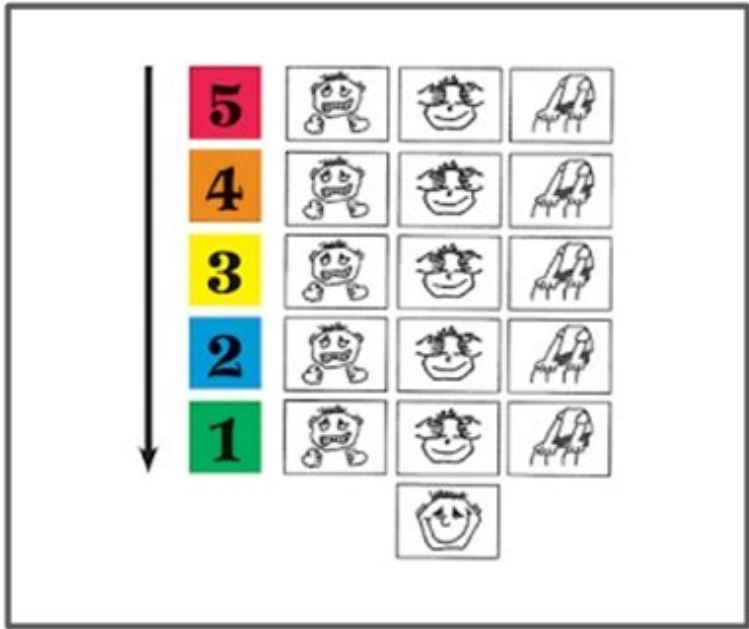


-SIZE OF THE PROBLEM LEARNING STARTS IN YEAR 2.

WHAT CAN I SAY TO MYSELF?	
INSTEAD OF...	TRY THINKING...
I'M NOT GOOD AT THIS	-WHAT AM I MISSING?
I'M AWESOME AT THIS	-I'M ON THE RIGHT TRACK
I GIVE UP!	-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED
THIS IS TOO HARD	-THIS MAY TAKE SOME TIME AND EFFORT
I CAN'T MAKE THIS ANY BETTER	-I CAN ALWAYS IMPROVE; I'LL KEEP TRYING
I CAN'T DO MATH	-I'M GOING TO TRAIN MY BRAIN IN MATH
I MADE A MISTAKE	-MISTAKES HELP ME IMPROVE
I'LL NEVER BE AS SMART AS HER	-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT
IT'S GOOD ENOUGH	-IS THIS REALLY MY BEST WORK?

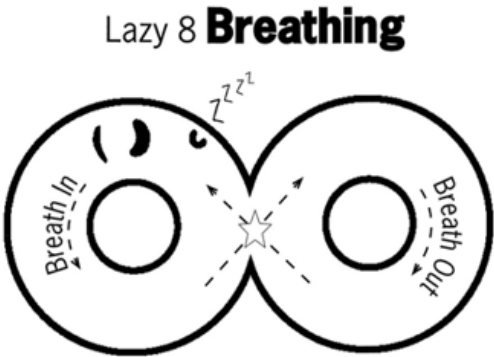
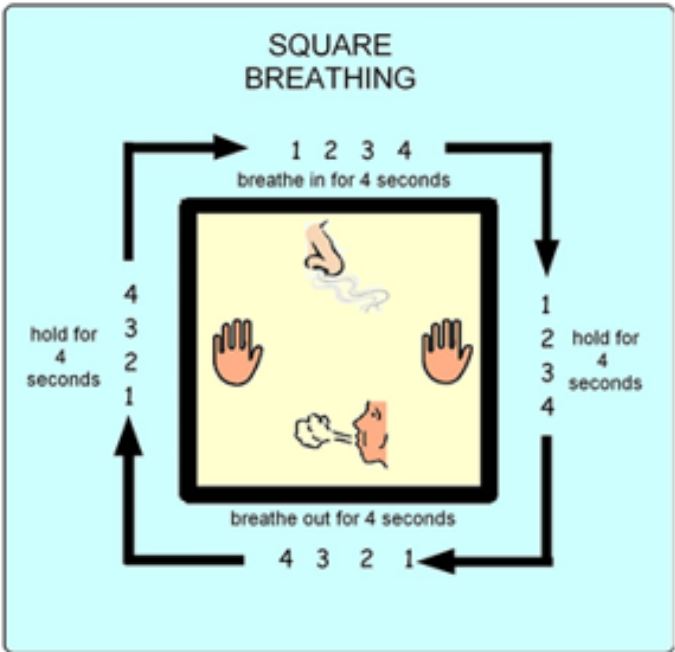


CALMING STRATEGIES



COUNTING

- Forward and backward
- Count objects
- Count colours
- Count breaths



CALMING ACTIVITIES

Puzzles

Listen to Music

Draw/Paint

Craft box

Play-Doh/clay

Read

Stack Rocks



MORE INFORMATION ON THE ZONES

**If you would like more information about
how we are using the Zones of Regulation at
John Bunyan Primary School and Nursery,
please get in touch!**

