THE ZONES OF REGULATION

At All Saints Church School we always consider context and need when supporting behaviours and recognise that behaviour is a form of communication, hearing everyone's voice.

What is 'The Zones of Regulation?'

The Zones of Regulation is a cognitive behavioural approach that is used to teach self-regulation strategies through categorising all of the different ways we feel into four clear and concrete-coloured zones.

The framework provides strategies to teach children and young people to become more aware of and be independent in controlling their emotions and impulses, managing their own sensory needs and improving problem-solving abilities.

The framework aims to address children's underlying difficulties with emotional and sensory regulation, executive functioning and social cognition. It aims to help children move towards independent regulation.

It is a visual and structured programme that teaches children to develop their understanding of emotions, in both themselves and in others, to understand how their emotions and behaviours impact everybody around them, and learn what tools they can use.

The Blue Zone is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; however, one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The Red Zone is used to describe extremely heightened states of alertness and intense emotions.

A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

When teaching children about the different zones it is important that we are all using the same type of language.