



16th October 2020

Dear Families,

As part of our PSHE curriculum we have introduced the 'Zones of Regulation' across school to provide children with strategies to ensure they learn effectively.

The aim of this curriculum is to support children with their emotional regulation. It teaches them about the best state of alertness for their bodies and their emotions so they are well equipped to deal with situations throughout the day, both at school and at home. The activities help them to identify a wide range of different emotions which are broadly grouped into the following zones:

- The **Green Zone** is used to describe a calm state of alertness. We may be happy, focused, content or ready when we are in the green zone. This is the zone where optimal learning will happen.
- The **Blue Zone** is used to describe low states of alertness and feeling down. This could be because we are sad, tired, ill or bored.
- The **Yellow Zone** describes a heightened state of alertness and elevated emotions whilst having control over these. We may be stressed, frustrated, excited, nervous, have the wiggles or be anxious.
- The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. This may be if we are elated as well as angry, devastated or terrified.

As well as building this vocabulary, the children learn to think about the physical effect our emotions have on our bodies, consider different triggers and the impact their emotions and actions can have on others. Most importantly we talk about strategies to help move us back into the green zone for optimal learning.

The children learn that although there are no 'bad' zones there is a time and place for them all and how to manage these emotions effectively. We teach this through a series of lessons and activities designed by Leah Kuypers, an occupational therapist.

We believe this approach will enable our children to develop an increased emotional awareness and self-regulation as well as developing their problem-solving skills through the use of a shared language that is in line with our school values.

In school we've reminded the children it may help them to use strategies such as:

- breathing techniques
- simple yoga or exercises
- positive self-talk and mindfulness
- movement breaks
- having a drink of water or a snack

At home you can further reinforce the zones by:

- talking about emotions and the linked colour zones
- exploring different strategies that your child feels will help them move to the green zone
- discussing how the characters are feeling and why when reading books or watching television

Below are some examples of school displays that are helping the children with this learning.



If you have any questions or would like further information, please do ask.

Vanessa Neale