

The Zones of Regulation at St. Bartholomew's CE Primary School Parent/Carer Group: 7th June 2023

Paul Cabb, Social Eyes – A Vision for Inclusion



St Bartholomew's C of E Primary School





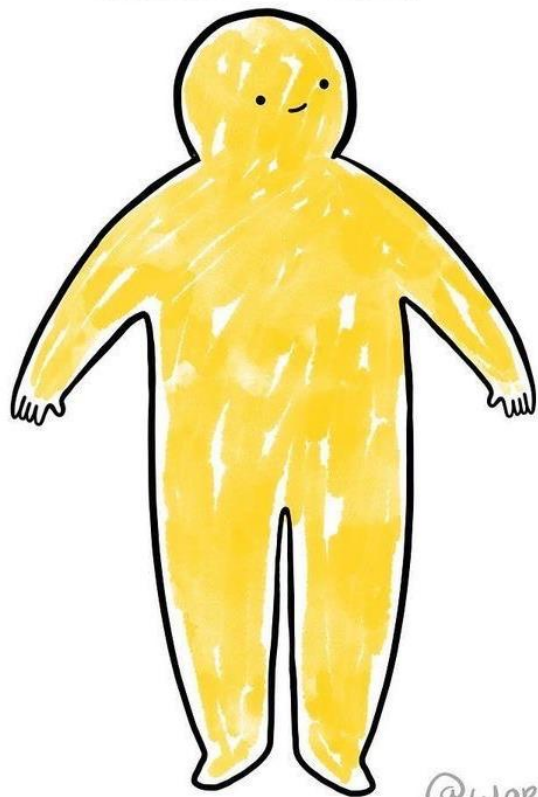
Wellbeing is living a life in balance

'Children's emotions are as real as yours. Just because they might get sad over the colour of their cup, does not make their feelings any less real.'

~ Rebekah Lipp



HOW I'M SUPPOSED
TO FEEL:



@WORRY--LINES

HOW I FEEL:



THE MORE YOU
FEEL YOUR
FEELINGS,

THE EASIER IT
GETS TO
UNDERSTAND THEM.

-MANSI



@thetypewriterdaily



"How a child makes you feel is a often a very good indication of how they are feeling"

DR EMMA WOODWARD

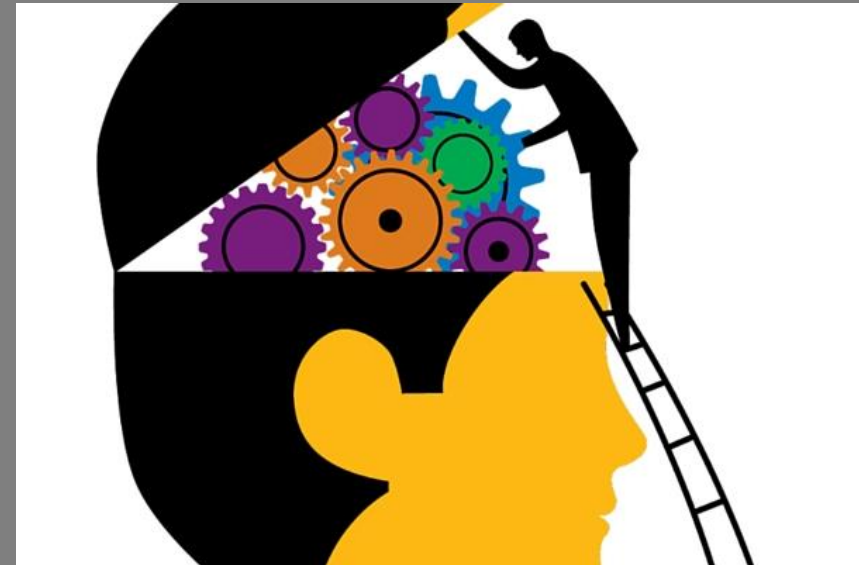


WHAT YOU CHOOSE TO FOCUS ON...

...WILL GROW

All behaviour is communication

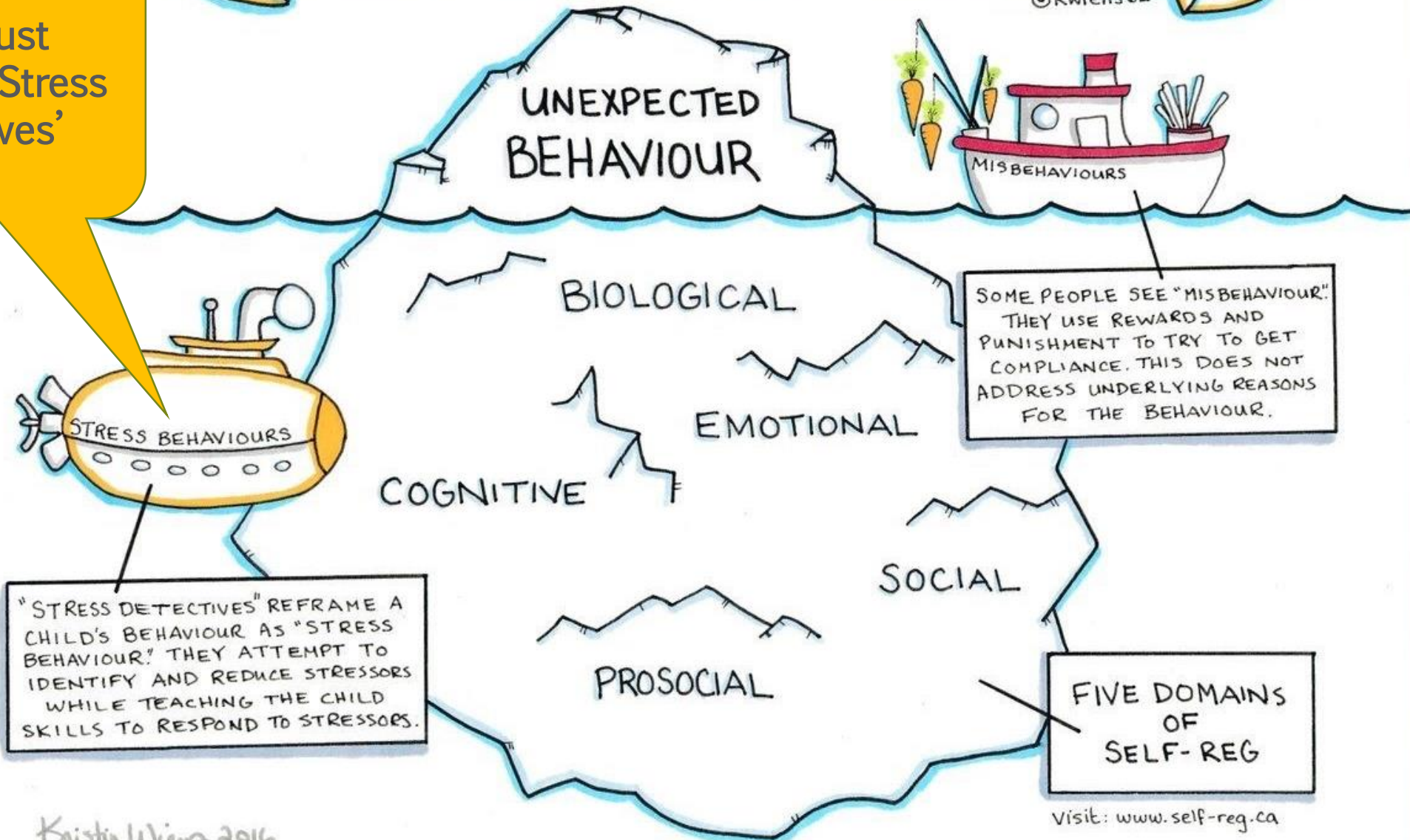
We have a choice to either focus on managing behaviour or exploring and meeting the need...



BEHAVIOUR IS COMMUNICATION

@kwiens62

We must become 'Stress detectives'



Our aim has been to help children grow in their emotional awareness and communication to achieve their potential

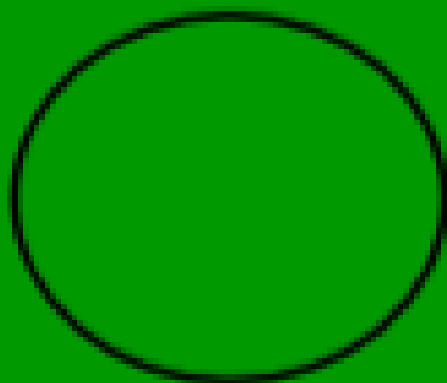


1. We started by looking at colour and emotion

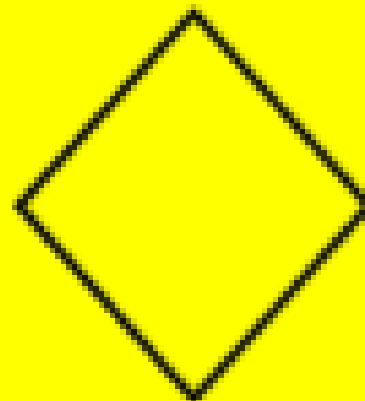
Blue
Zone



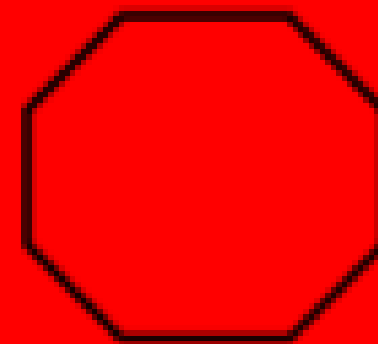
Green
Zone

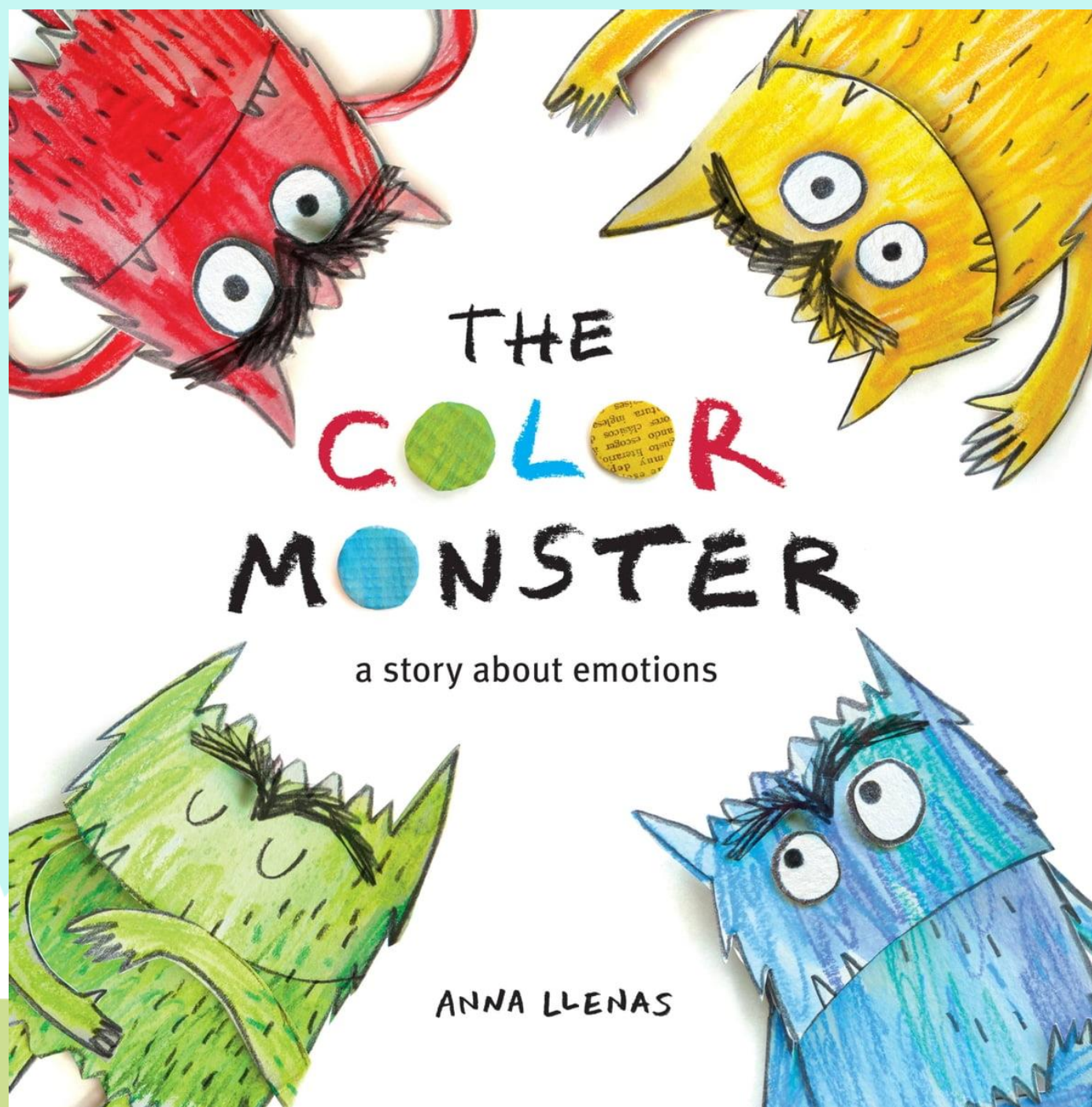


Yellow
Zone



Red Zone







Monster emotions...





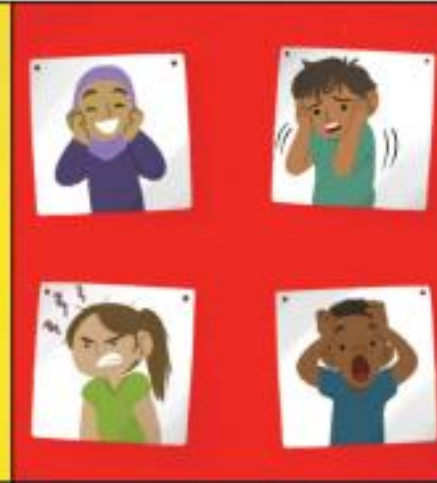


Zones at
Nursery and
EYFS

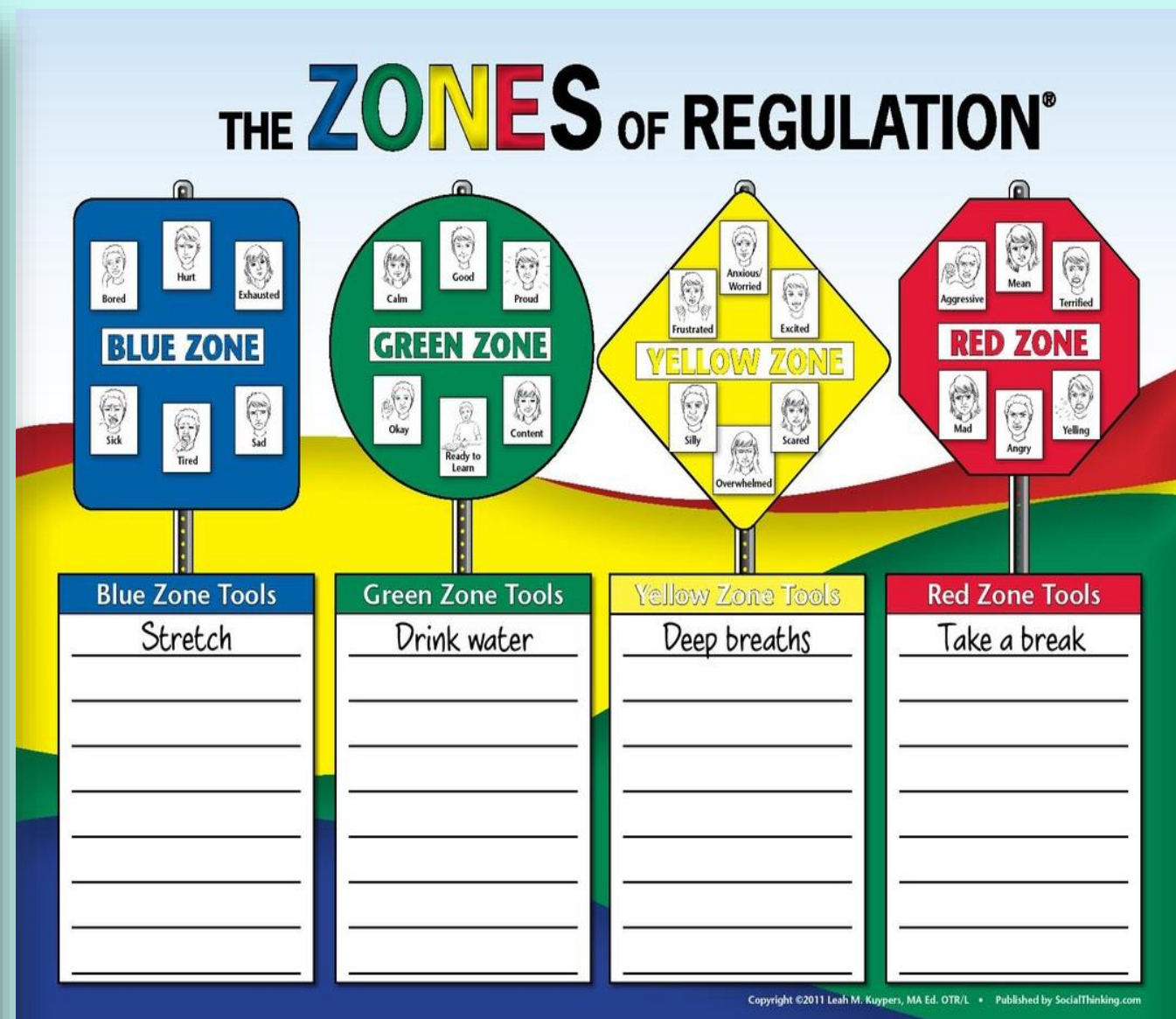
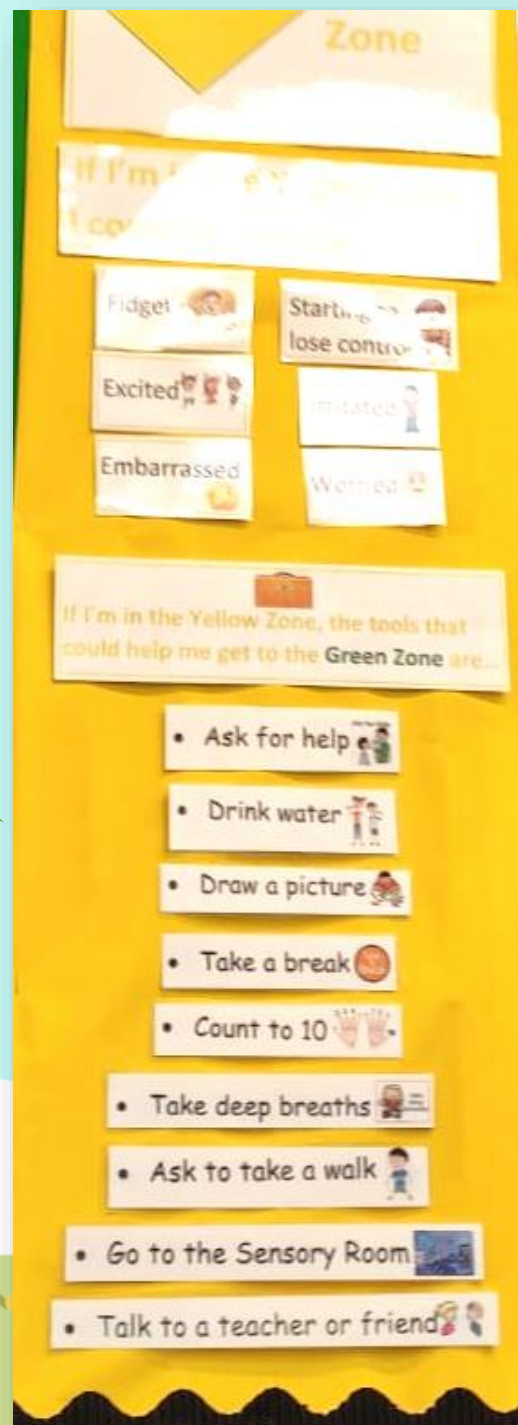


The ZONES of Regulation

At KS1/KS2 classes worked on emotions and vocabulary together with images

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

3. Next the children devised 'tools' (strategies) to support themselves and their peers



How can you help yourself?

The BLUE zone



How might you feel?

sad
tired
bored
moving slowly

What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

The GREEN zone



How might you feel?

happy
okay
focussed
ready to learn

What might help you?

The goal of this
exercise is to get to
the GREEN zone.
What can you do to
be happy, calm and
ready to learn?

The YELLOW zone



How might you feel?

nervous
confused
silly
not ready to learn

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The RED zone



How might you feel?

angry
frustrated
scared
out of control

What might help you?

Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

If I'm in the Yellow Zone I could be feeling...

Jealous Frustrated Starting to lose control

Fidgety

Yellow Zone

Silly Excited

Worried Irritated Embarrassed

If I'm in the Yellow Zone, the tools that could help me get to the Green Zone are...

- Make a different choice
- Ask for help
- Talk to a teacher or friend

If I'm in the Blue Zone I could be feeling...

Sleepy Tired Sad

Feeling unwell

Bored

Blue Zone

If I'm in the Green Zone I could be feeling...

Content Focused Calm

Happy

Green Zone

Good

Ready to learn Feeling O.K. Proud

If I'm in the Green Zone, the tools that I could use to stay in the Green Zone are...

- Use kind words
- Do my work
- Follow instructions

If I'm in the Red Zone I could be feeling...

Mad Furious Terrified

Angry

Red Zone

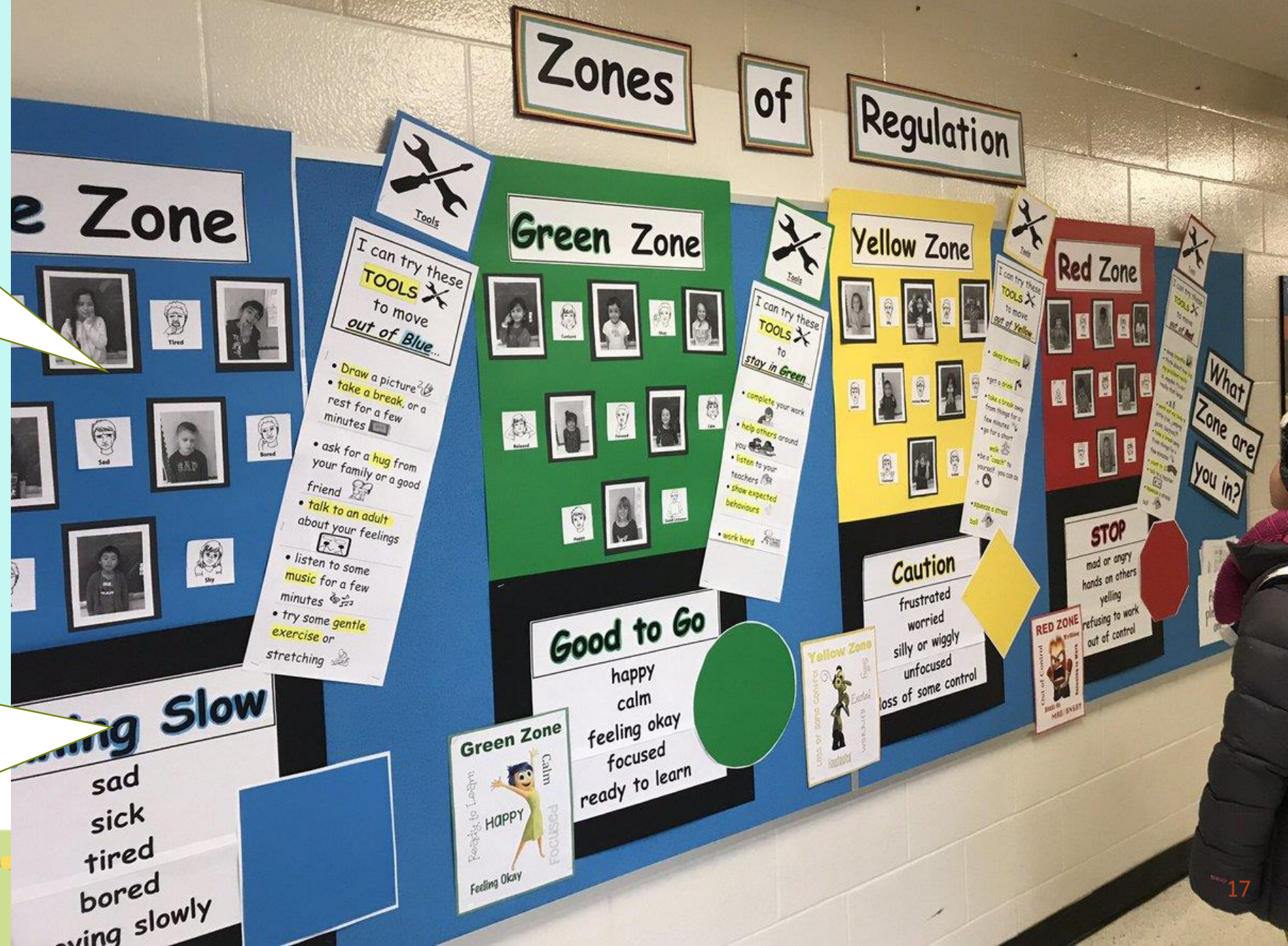
Like Shouting

Heartbroken

The Zones as a working wall where changes are made as ideas come from the children

The 'Zones' are everywhere around school...

This includes corridors, the hall, entrance and the playground



Yellow Zone places:



The **ZONES** of regulation

Blue



anxious



tired

The Blue Zone

Try this:

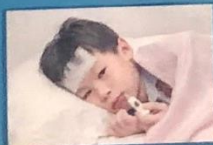
Close my eyes



Stretch



bored



ill

Green



happy



calm

The Green Zone

Try this:

Drink water



Stay focused



Ready to
learn



focused

This display gives
vocabulary and images
as strategies

Red



The ZONES of regulation

Yellow Zone of Regulation



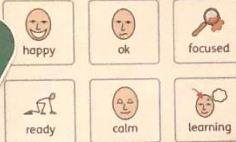
The Yellow Zone

- Try this:
- Talk to someone
 - Count to 20
 - Squash something
 - Draw a picture
 - Take a stress break

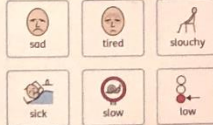
The Green Zone

Well done, stay focused!

Green Zone of Regulation



Blue Zone of Regulation



The Blue Zone

- Try this:
- Stretch
 - Drink water
 - Take a brain break
 - Talk to someone
 - Close your eyes
 - Ask to take a walk

The Red Zone

- Try this:
- Stop what you are doing
 - Take deep breaths
 - Find a safe space
 - Ask for help

Red Zone of Regulation



This display gives vocabulary and strategy choices

Blue Zone of Regulation



The Blue Zone

- Try this:
- Stretch
 - Drink water
 - Take a brain break
 - Talk to someone
 - Close your eyes
 - Ask to take a walk

The ZO

The Yellow Zone

Try this:

Squeeze



Talk to someone



How might you feel?

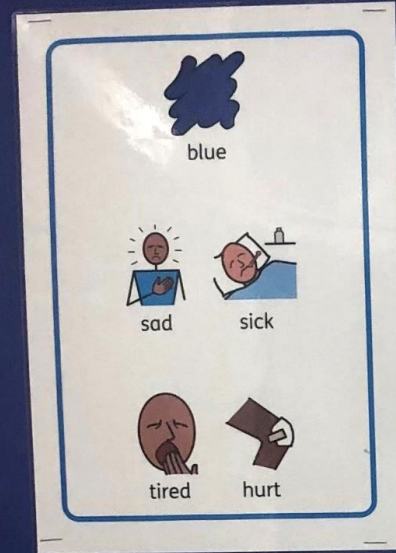


Silly

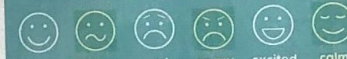
Excited

Worried

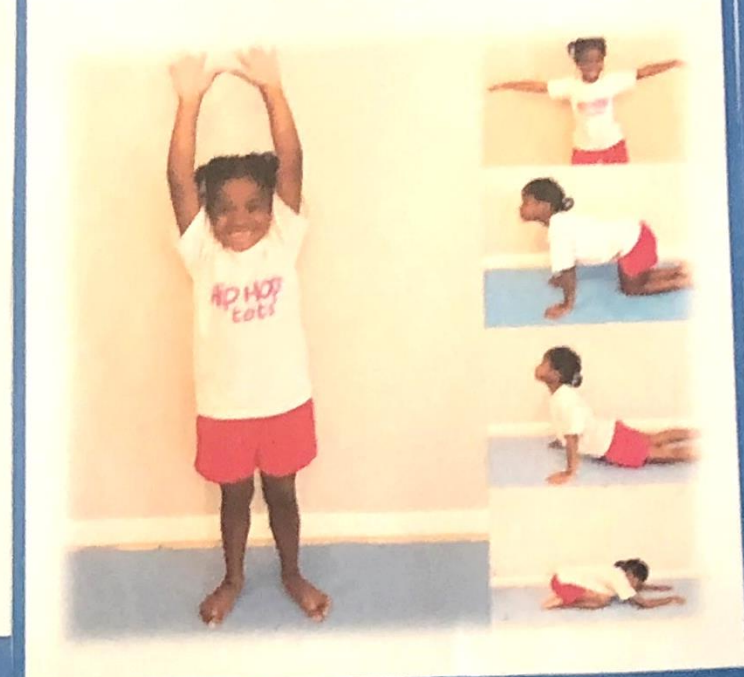
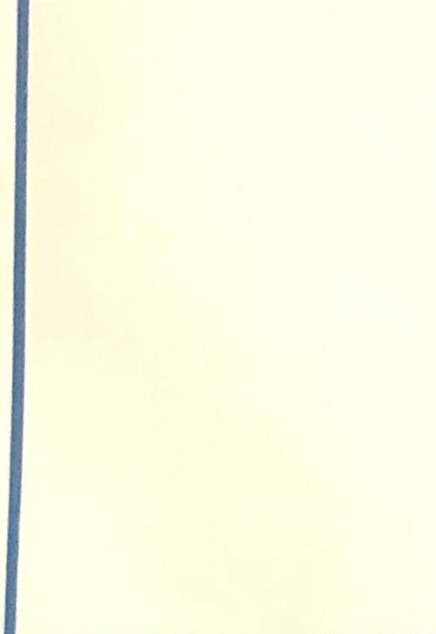
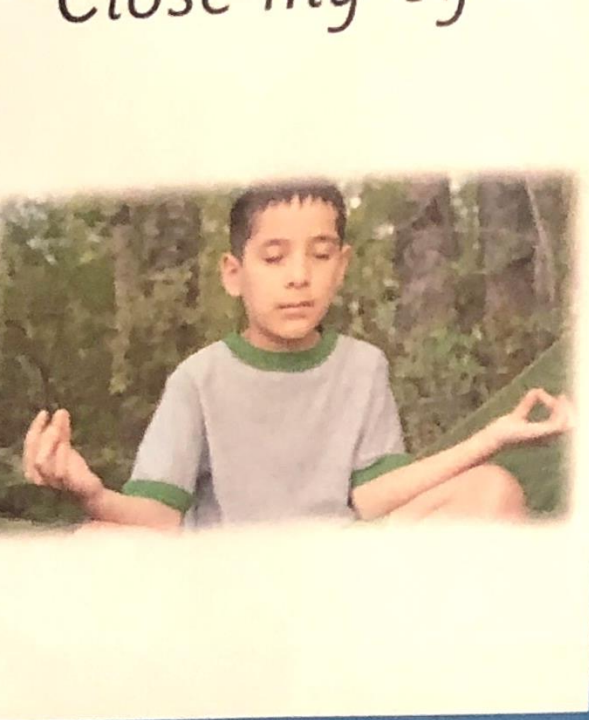
Frustrated



How are you feeling today?



This display gives vocabulary and strategy choices



How might you feel?



Sad

Bored

Tired

Unwell

This display gives vocabulary and images as strategies

How can the strategies be developed?

On the
playground and
at the school
gate?

Through MDS
training

Along the
corridors?

On your
website:
class
pages?

In the dining
hall?

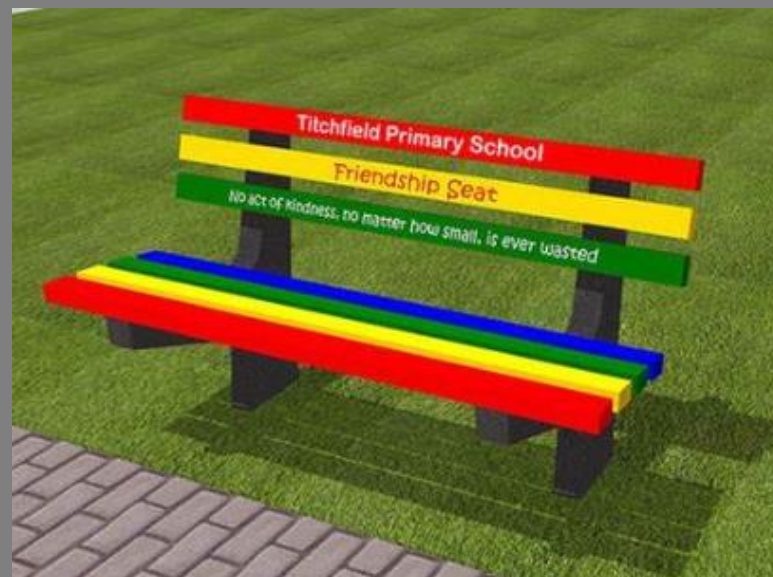
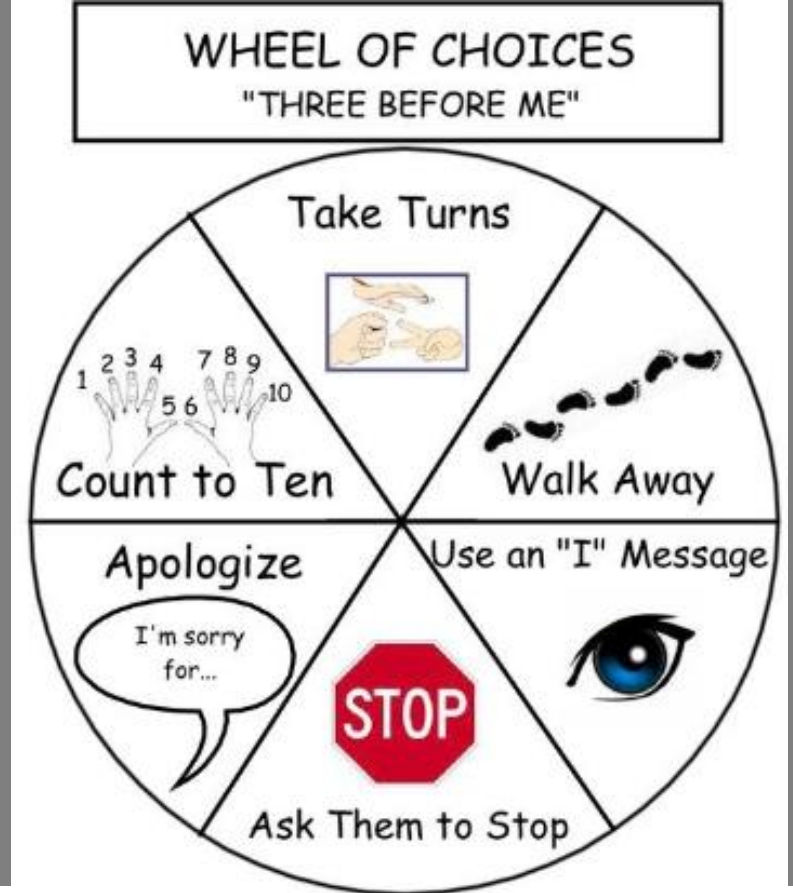
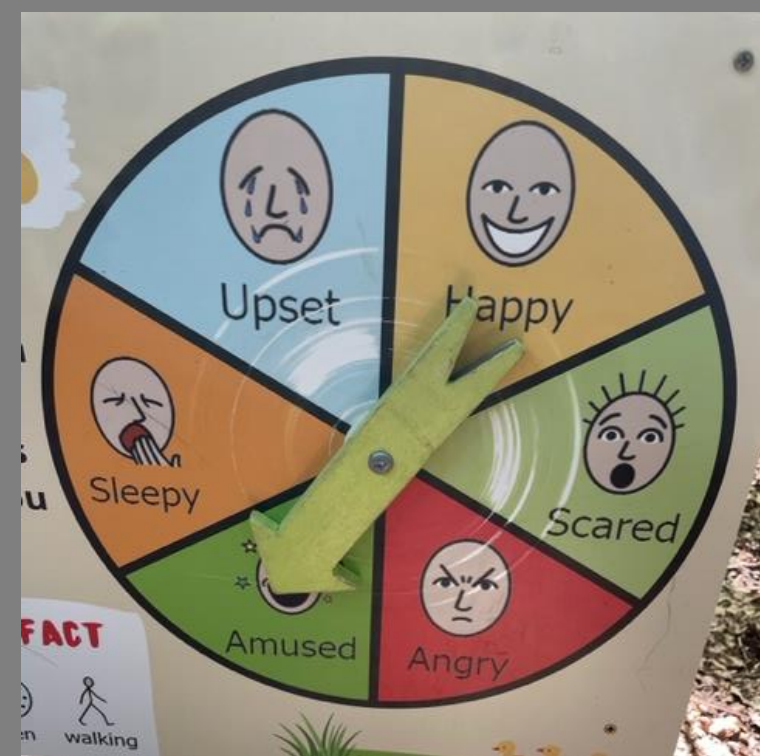
Through theme-
based assemblies?



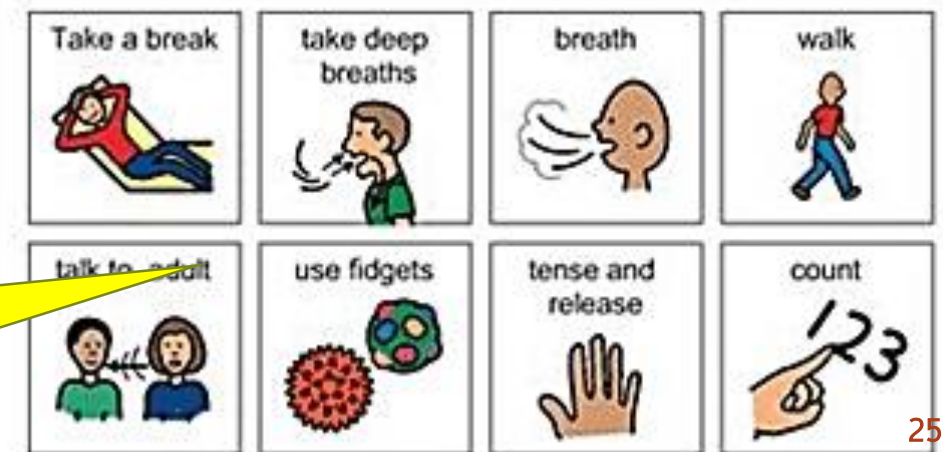
	Red Zone	Name _____	
	Yellow Zone	My Tool Box	
	Green Zone		
	Blue Zone		

	Red Zone	Name _____	
	Yellow Zone	My Tool Box	
	Green Zone		
	Blue Zone		

Some children may have their own strategy boards



Some playground
signage ideas...





So, how
about the
'Zones' at
home?

Zones of Regulation Poster

WHAT ZONE AM I IN?

BLUE ZONE



GREEN ZONE



YELLOW ZONE



RED ZONE



Tools to Help Me Get to
the **GREEN** Zone.



A template for
developing strategies
at home...



MY COPING TOOLBOX

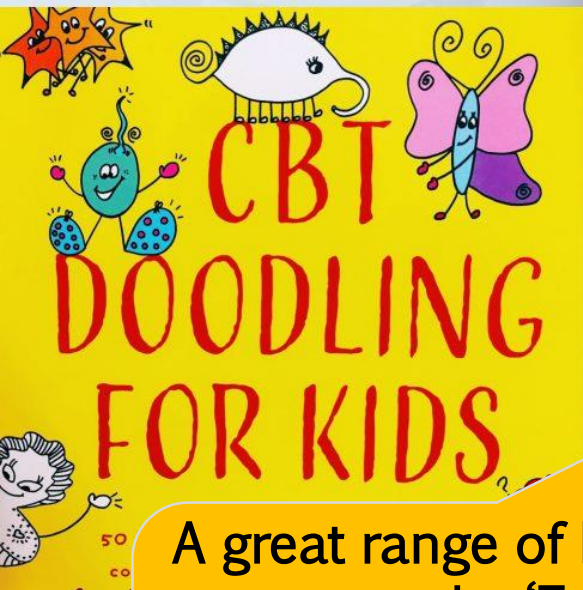
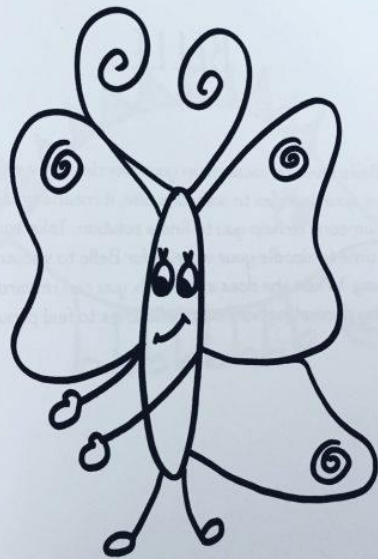


Could you support your child by making a coping toolbox at home?



TERGUL

Tergul has lost her wing. Help Tergul to grow her wing with lots of kind thoughts. Think about lots of kind things that you can do for others. Kindness feels good. Good feelings help Tergul to grow a new wing. Doodle your kind thoughts and grow her a new wing!



A great range of books supports the 'Zones' and provides mindfulness and supports talk...

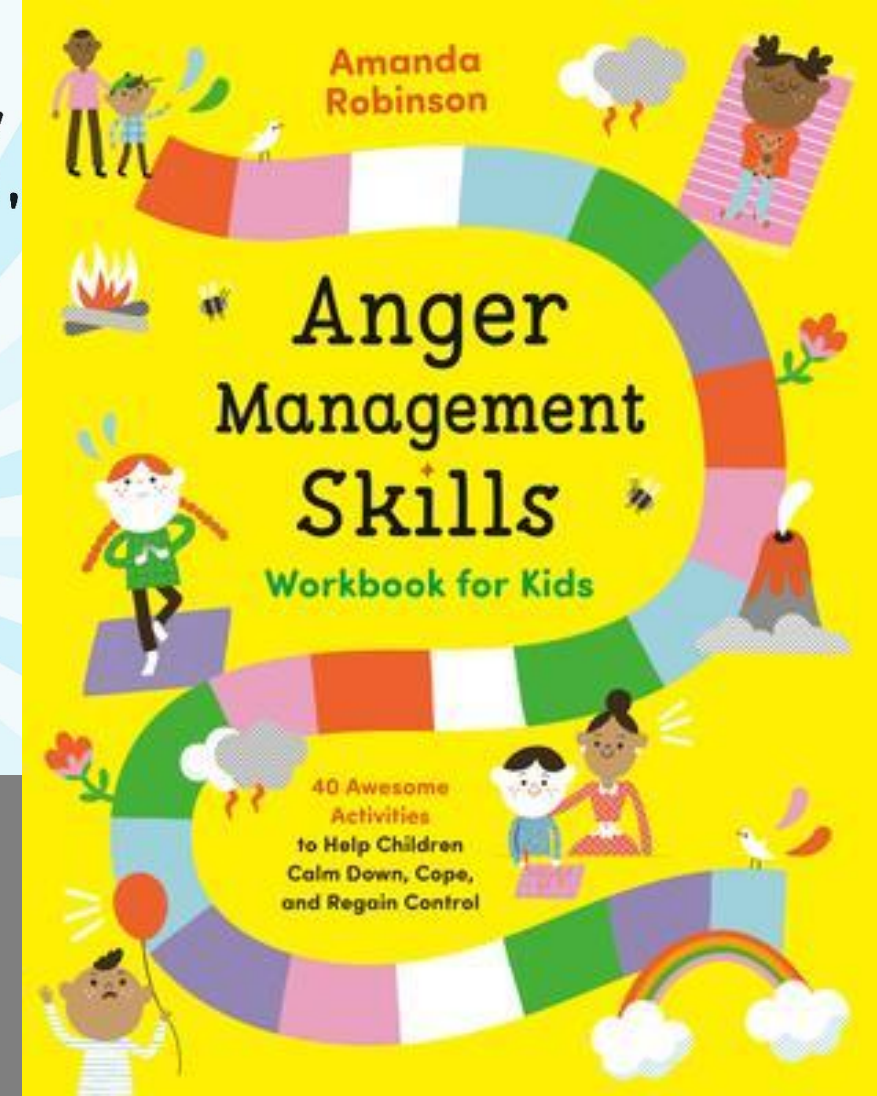
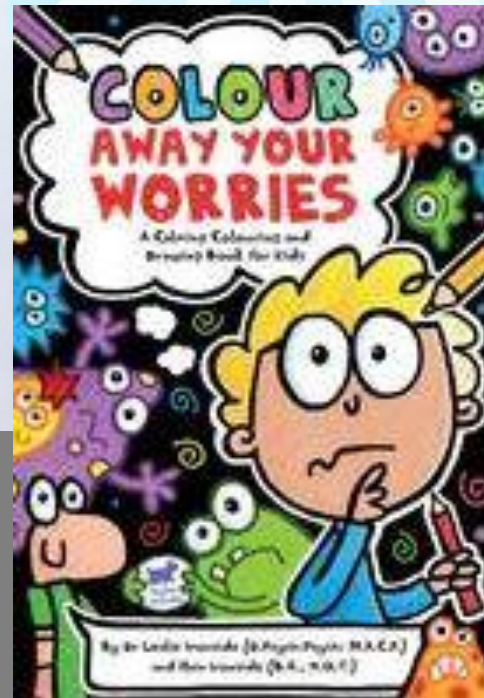
For children aged 7-11

DON'T WORRY, BE HAPPY

A Child's Guide to Overcoming Anxiety



Poppy O'Neill



Now that you have been introduced to the Zones of Regulation at St. Bartholomew's what are your feelings?



A Parent's Dream

Every parent wants the best for their children and will give up so much to see that they get it. However, A parent's only dream is for their children to grow up to have a healthy, happy and successful life.

Written by Dave Hedges ©

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