

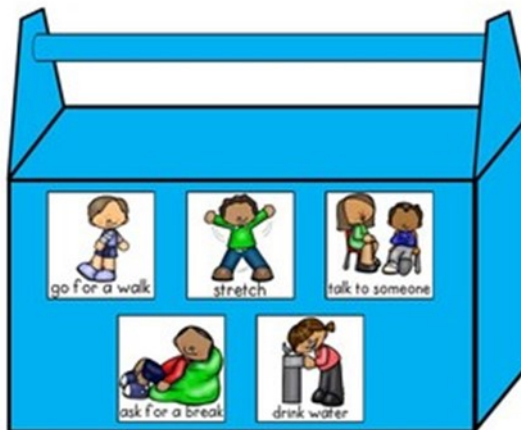
At Padnell we encourage all children to stop and think about how they are feeling.

We talk about their feelings by referring to 'The Zones of regulation'. If children recognise that they are in the blue, yellow or red zone we support them by developing a toolkit of strategies to help them to regulate their feelings.

Children are aware of how this links to our behaviour policy. They know that they are in the yellow zone they may make yellow choices in their behaviour and if they are in the red zone they make red choices. We help children to develop ways to get back to the green zone and also think about strategies to help them remain in the green.

Zones of Regulation			
Blue	Green	Yellow	Red
			
Bored Lonely Sad Tired Unwell	Calm Content Focused Happy Ready to learn	Anxious Confused Excited Frustrated Worried	Angry Aggressive Terrified I need time and space

It is important that children realise that no feeling is a bad feeling and we will all experience a range of emotions throughout each day.



## The Zones of Regulation

Talking with children about their feelings



Information for parents

At Padnell Infant school we recognise the importance of promoting positive mental health and emotional well-being to our students and their families. We aim to create an open culture around the discussion of mental health and well-being and to empower our children be able to regulate their emotions.

By implementing the Zones of Regulation curriculum we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and improve their wellbeing.

Blue	Green	Yellow	Red
			
<b>Low</b>	<b>Happy</b>	<b>Wobbly</b>	<b>Angry</b>
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

The Zones of Regulation is a curriculum based around the use of four colours to help children self-identify how they're feeling and categorise it based on colour. The curriculum also helps children better understand their emotions, sensory needs and thinking patterns. The children learn different strategies to cope and manage their emotions based on which colour zone they're in.

*The Zones of Regulation* helps children to develop a range of activities to help themselves with self-regulation. Self-regulation can go by many names, such as self-control, self-management and impulse control.

Additionally, the Zones of Regulation helps children to recognise their own triggers, learn to read facial expressions, develop problem-solving skills, and become more attuned to how their actions affect other people.

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.

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