THE Zones OF Regulation

What are the Zones of Regulation?

The Zones are used to help children to control their emotions, as well as to give them a vocabulary for talking about how they feel. Each colour represents a different feeling and has strategies attached to help children to manage these by themselves. We all go through a range of emotions throughout each day and, as such, the feelings are not in any order and are not 'good' or 'bad'.

Why are we using the Zones of Regulation?

As a school, we aim to help children to grow and learn in a safe and secure environment, and to become positive, responsible and increasingly independent members of the school community. It is therefore very important that children understand their emotions, how these may affect themselves and other people and how to deal with them effectively when they become too difficult.

How will the Zones help my child?

Our children are regularly supported by adults to recognise and explain their feelings and to help them to develop positive strategies to deal with these feelings independently. Therefore, all children in our school will hear adults refer to the Zones of Regulation as a tool for helping to understand and deal with their emotions.