

# SPOTLIGHT ON SEND



If you have any questions please contact Mrs Downs, our Inclusion Leader.

Email: [aen@birchington.kent.sch.uk](mailto:aen@birchington.kent.sch.uk) Telephone: 01843841046

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were working in a library. From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively.

Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

## How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
<b>How might you feel?</b>	<b>How might you feel?</b>	<b>How might you feel?</b>	<b>How might you feel?</b>
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
<b>What might help you?</b>	<b>What might help you?</b>	<b>What might help you?</b>	<b>What might help you?</b>
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

## How can you help your child use The Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child (e.g.: "I'm frustrated. I think I am in the Yellow Zone.")
- Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- Engage your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated / calm.
- Teach your child which tools they can use. (e.g.: "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone.")
- Regular Check-ins. "How are you feeling now?" and "How can you get back to Green?"
- Modelling - It is important to remember to show the children how you use tools to get back to the Green Zone. You might say "I am going to make myself a cup of tea and do some breathing exercises because I am in the Blue Zone" and afterwards tell your child how using those tools helped you get back to the Green Zone.
- Share how their behaviour is affecting your zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise and encourage your child when they share which zone they are in.

It's GOOD to feel lots of different emotions



All of our emotions are important and help us at different times.

We are learning to self-regulate.