

What Zone Are You In?

BLUE ZONE

I am feeling...

- sad
- sick
- tired
- bored
- slow-moving

GREEN ZONE

I am feeling ...

- ★ happy
- ★ okay
- ★ focused
- ★ calm
- ★ ready to learn

YELLOW ZONE

I am feeling...

- frustrated
- worried
- silly/ wiggly
- excited
- a little out of control

RED ZONE

I am ...

- mad
- mean
- scared
- yelling / hitting
- out of control

Zones of Regulation is a research-based system to support the development of self- regulation for social and emotional regulation. It is an essential part of our behaviour policy.

Behaviours are a way of expressing emotions, and we make **every interaction an intervention** to help our pupils.

The Zones of Regulation is our “tool kit” which helps us identify our emotions and have strategies which we can use to manage them. Based on our levels of energy, there are 4 coloured zones. It is OK to be in any of the zones but we are best in the green zone.

The ZONES of Regulation

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

At Brunswick Park, we use this system to know how our bodies feel when we are in a particular zone. We work on mutual support to help us get to the Green Zone so we are ready and alert for learning.

We use our tools to help us get to the Green Zone:

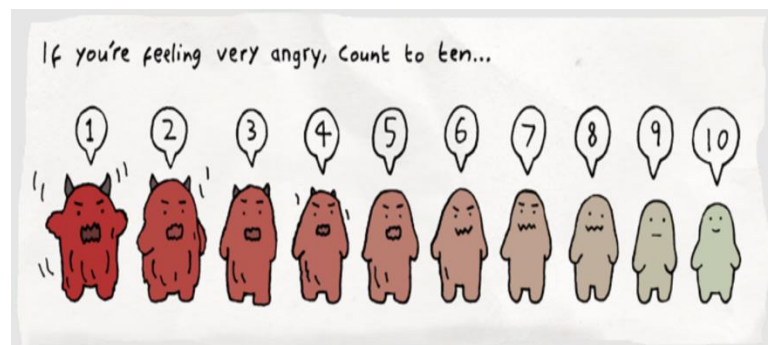
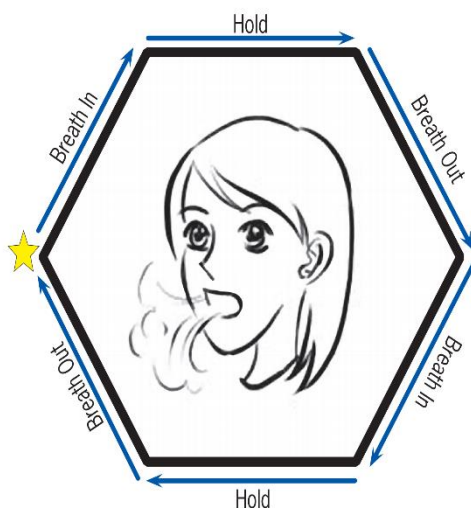
- **Blue-** need to energize yourself
 -Tired/bored- star jumps, run on the spot, run an errand for the teacher
 Sad/Sick- deep breaths, talk to someone, focus on happy thoughts
- **Green-** use the tools to stay in the Green Zone
 -Sit up, good attitude, listen, focus, participate, connect with someone
- **Yellow-** catch yourself early before you become Red
 -Nervous/frustrated- Deep breathing, go to a safe place, positive self-talk, talk to someone
 -Silly/energetic- get a drink of water, walk, take deep breaths
- **Red-** feeling out of control- use the tools as soon as possible
 -Walk away/get out of situation, go to a safe place, squeeze a ball, talk to someone

Using a “Toolkit”

When we are in the Green Zone, **we can practise the skills** so we are prepared for the other zones. Here are some useful tools for your toolkit:



- Puzzles
- Relaxation station
- Calm space/tent
- Listen to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read



- Sensory circuits
- Bear hug
- Movement break
- Spaghetti noodle
- Swing/rock
- Go for a walk
- Wall push-ups
- Straw (breath or chew)
- Blow bubbles
- Classical music
- Roll on an exercise ball
- Trampoline
- Blanket roll
- Fidget toys

Our children at Brunswick Park know that everyone has different tools in their toolkit. They know that it is really helpful to share strategies that work so that they can try them out and see if the same strategies will work for them.

We make it very clear to the children that not all strategies will work for everybody - **it is about finding the ones that work for you.**