Lancing Prep Worthing

A Lancing College Preparatory School

A Parent's Guide: Zones of Regulation

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Our thoughts behind adopting this approach

PSHEE Curriculum

The Hive

ELSA support

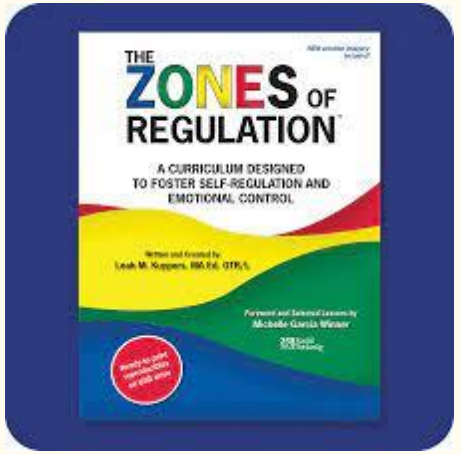
Elsa Support sessions

What we do at LPW

Assemblies and speakers promoting positive mental health

Form time check ins

The Zones of Regulation – What is it?



- Internationally renowned intervention By Leah Kypers
- Self-regulation can go by many names such as ‘emotional regulation’, ‘self-control’, ‘impulse management’ and ‘self-management’.
- Self-regulation is best described as the best state of alertness for a situation,
- The Zones of Regulation aims to teach children strategies

A whole school approach

Zones of Regulation

- Emotions
- Energy Levels
- Moods and alertness
- Regulated state

Recognise Validate Accept Manage

The Four Zones

Blue Zone

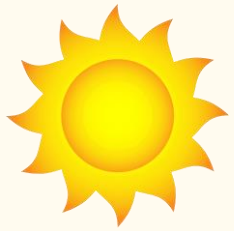
Your body is running slow, such as when your body is unwell, tired,
bored, sad or depressed.

Green Zone

Think of the green light, you're good to go.
If you are in the green zone, you may feel happy, calm, focused and generally ok.
The optimum level to learn.

Yellow Zone

When entering the yellow zone proceed with caution and slow down. This zone describes when you start to lose control, with feelings such as frustration, silliness, worried, wriggly, anxious.



Red Zone

The red zone is for extreme emotions; excitement, elation, terror, anger, aggression. When you are in the red zone you are out of control, will have trouble making good decisions and must stop and notice *Fight, flight, freeze*.

LPW Zone Poster

Blue Zone	Green Zone	Yellow Zone	Red Zone
Running slow	Good to go	Caution	Stop
			
Sad Poorly Sleepy Bored Moving slowly Tired	Happy Calm Feeling okay Focused Relaxed Ready to learn.	Frustrated Worried Silly/wiggly Embarrassed Nervous Enthusiastic / Excited Distracted	Angry Energetic Excited Scared Grumpy

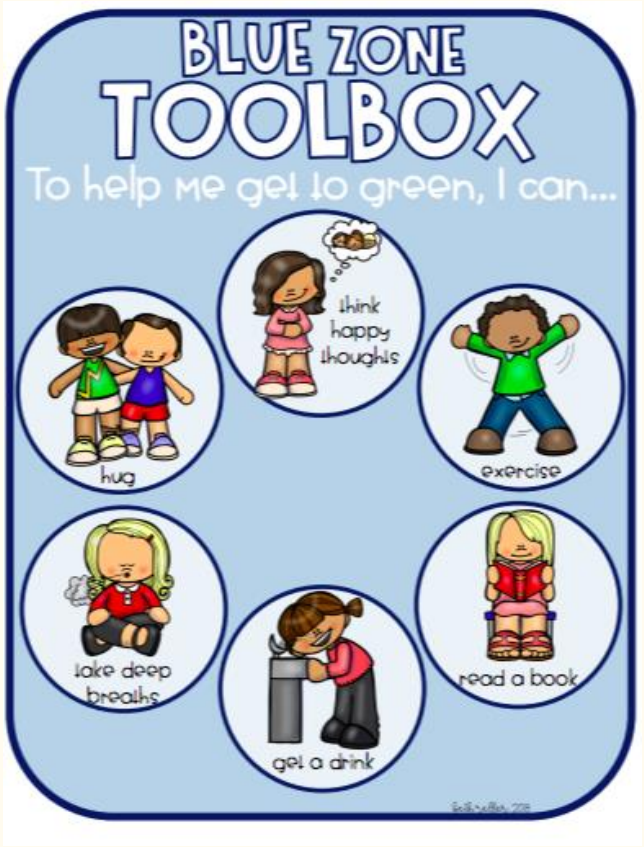
What the children have learnt so far

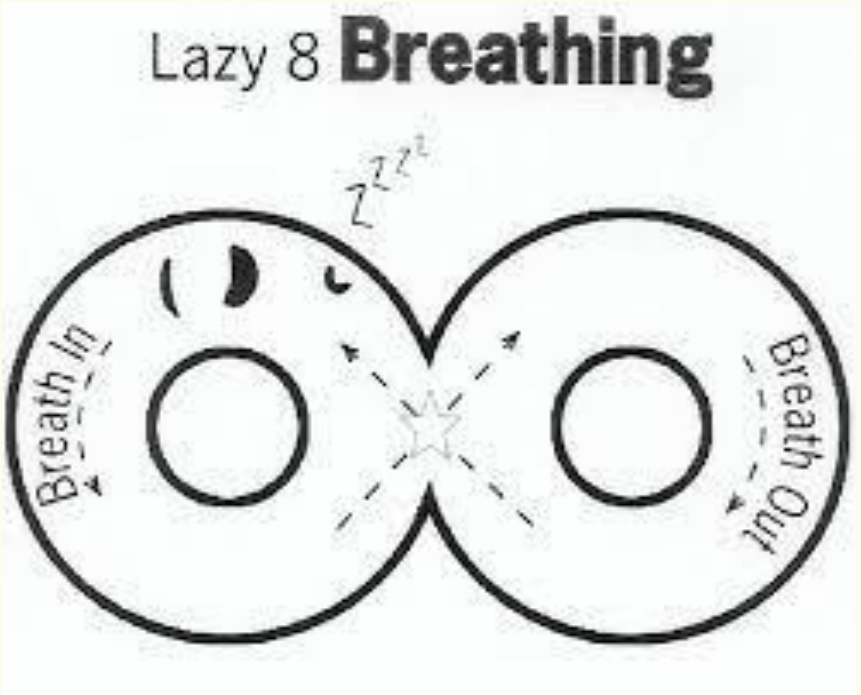
- The 4 Zones
- Perception and perspective
- Expected and unexpected behaviours
- Reflecting on our own Zones and the impact it has on others
- Recognising signs and symptoms
- Identifying triggers
- Individuals may have different Zones that are their ‘normal’ and that’s okay

Blue zone- low state of alertness and down feelings.
Green zone- calm, content, focused.
Yellow zone- heightened state of alertness
Red zone- extremely high energy and intense overwhelming feelings.

Keyrings and Toolboxes

Check in keyrings





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

Learn the vocabulary and the language surrounding the Zones of regulation

Try and be open to communication and talking about emotions with your children

Encourage your child to teach you some of the ‘tools’ they have learnt to manage their emotions.

Identify your own feelings using Zones language in front of your child.

Remembering we are all human and we all experience emotions and its natural and normal

Modelling the strategies is important to show the children how you use tools to regulate.

Tips for practising the Zones of Regulation

- Learn the Zone language for better communication
- Know your child's triggers.
- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Be consistent in managing your child's behaviour – have clear boundaries/ routines and always follow through..
- If you are calm and relaxed, it is easier to communicate and support an angry or upset child
- Praise your child for using strategies.
- Display the Zones at home and create a 'calm' box full of things to help keep your child calm and relaxed.

Any Questions?

If children can communicate the small worries –
they will be more likely to come to you with their big worries