



Zones of Regulation at Sutton Road Primary School

Being able to identify and regulate big emotions is an important part of behaviour regulation approach . The Zones of Regulation is a framework that aims to make this process more accessible.

What are the Zones of Regulation?

The Zones of Regulation is a behaviour regulation framework designed to foster self-regulation and emotional control. Self-regulation is something that everyone is continually working on, whether they are aware of it or not. When we are able to recognise that we are in a situation that is making us lose control of our emotions, we are then able to do something about it and manage our feelings to help ourselves get back to a healthier headspace and baseline.

The aim of the Zones of Regulation is to specifically teach children about regulation and help them go through this process more naturally.

What are the zones?

The zones are a self-regulation approach to behaviour that categorises all the different ways we feel into different colours, which helps children to identify the way they are feeling. The framework also provides strategies to help children understand how they can control and regulate their emotions and improve their ability to problem solve conflicts. The goal of introducing children to the framework is to help them move towards independent emotion regulation. This is a lifelong skill that they will not only be able to transfer to future educational settings but also use in their relationships and situations they encounter outside of school.

The Zones of Regulation:

The Zones of Regulation are split into four different colours, here is a list of each colour along with the kinds of emotions people may experience when they are in that coloured zone.

The Red Zone is used to describe an extremely heightened sense of alertness and intense emotions. The emotions in the red zone include anger, rage, devastation and terror.

The Yellow Zone is also used to describe a heightened state of alertness and intense emotions. However, children experiencing yellow zone levels of alertness will feel more in control of their emotions than those feeling red zone emotions. Emotions in this zone include stress, frustration, anxiety, excitement, silliness and nervousness.

The Green Zone is used to describe a calm sense of alertness. Feelings in this zone include happy, focused, content and ready to learn.

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

Emotions in all of the zones are natural to experience, but by using the framework children will learn how to recognise and manage feelings from all zones, as well as further understand how those around them may be feeling.

Using the Zones of Regulation

As a School, we use a relational approach to manage behaviour and as a school employ emotions coaching as a means to support our children. Zones of Regulation compliments this work. As a School, we understand that big emotions can be very overwhelming for some children. This means that identifying and regulating these emotions can be a very big job. By being able to relate their emotions to the different coloured zones children will be able to identify some of those big emotions and understand how they can deal with them in a healthy and practical way. By introducing the Zones of Regulation into our classrooms we are enabling our pupils to talk about their emotions in a healthy way.

Zones of Regulation at Sutton Road

As a school, each class from F2 to Year 6 will have a Zones of Regulation display, where the children are able to move their name/images to the appropriate emotion. This will be completed at different intervals throughout the day. This will allow staff to 'check in' with children and put support in as needed.

In addition to this, children are taught about the Zones of Regulation, through Talking Point's sessions, Collective Worship and PSHRE sessions.