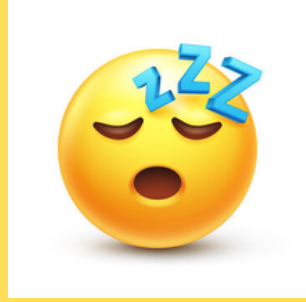
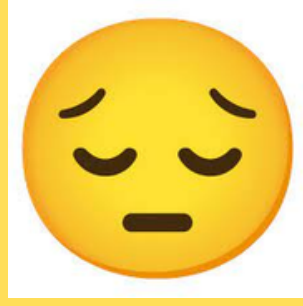


ZONES OF REGULATION



What is the purpose of the Zones of Regulation?



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'.

Some of the emotions we can feel

We aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones, thus developing better empathy.
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in.
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit').

What are the different Zones?

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

What Tools can we use to support Children? The Zones Tool Kit

- Validate and name emotions. Use the Zones colours.
- Remember all emotions are valid, but our aim is to return to 'Green', where we feel calm and ready to learn/be settled.
- Use your personalised tools/strategies to help you return to Green
- Use visuals to support the Zones of Regulation
- Praise children for sharing their emotions

<p>Yellow Zone</p> <p>I need to take caution.</p> <p>Worried, Nervous, Annoyed, or Upset</p> <p>I can try these tools:</p> <p>Take a break, get a drink, walk, or inner coach.</p>	<p>Green Zone</p> <p>I am good to go.</p> <p>Happy, Calm, Ready, or Okay</p> <p>I can do these:</p> <p>Learn, listen, work hard, follow expected behaviors</p>
<p>Blue Zone</p> <p>I am running slow.</p> <p>Sad, Tired, Bored, Sick</p> <p>I can try these tools:</p> <p>Take a break, talk to an adult, Ask for a hug, or listen to music</p>	<p>Red Zone</p> <p>I need to STOP.</p> <p>Mad, Yelling, Mean, Hands On</p> <p>I can try these tools:</p> <p>Take a break, talk to an adult, Take a Break, or Walk Laps</p>



EMOTION COACHING



5 STEPS OF EMOTION COACHING

The five essential steps of Emotion Coaching:

- Be aware of your child's emotion
- Recognize your child's expression of emotion as a perfect moment for intimacy and teaching
- Listen with empathy and validate your child's feelings
- Help your child learn to label their emotions with words
- Set limits when you are helping your child to solve problems or deal with upsetting situations appropriately



"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." – L.R. Knost

Emotion Coaching: The Heart of Parenting – Online Course

Why not complete the online course?

<https://www.gottman.com/product/emotion-coaching-the-heart-of-parenting-online/>

A five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens. Easy to learn, and used by parents, educators, and care-givers, it supports kids through life's ups and downs.

TO TRY AT HOME:

- Show your child respect and understanding in moments when they feel misunderstood, upset, or frustrated. Talk through their feelings with them and try to understand their source.
- Be aware of your child's responses to your method of working through the moment with them.
- In difficult interactions, make your child feels your empathy, by patiently validating their feelings and getting to the root of their expression.
- Instead of focusing on your parental agenda in these situations, show your child that you respect their attempts to solve problems, and guide them with trust and affection. Work through these experiences together.

KEY PHRASES

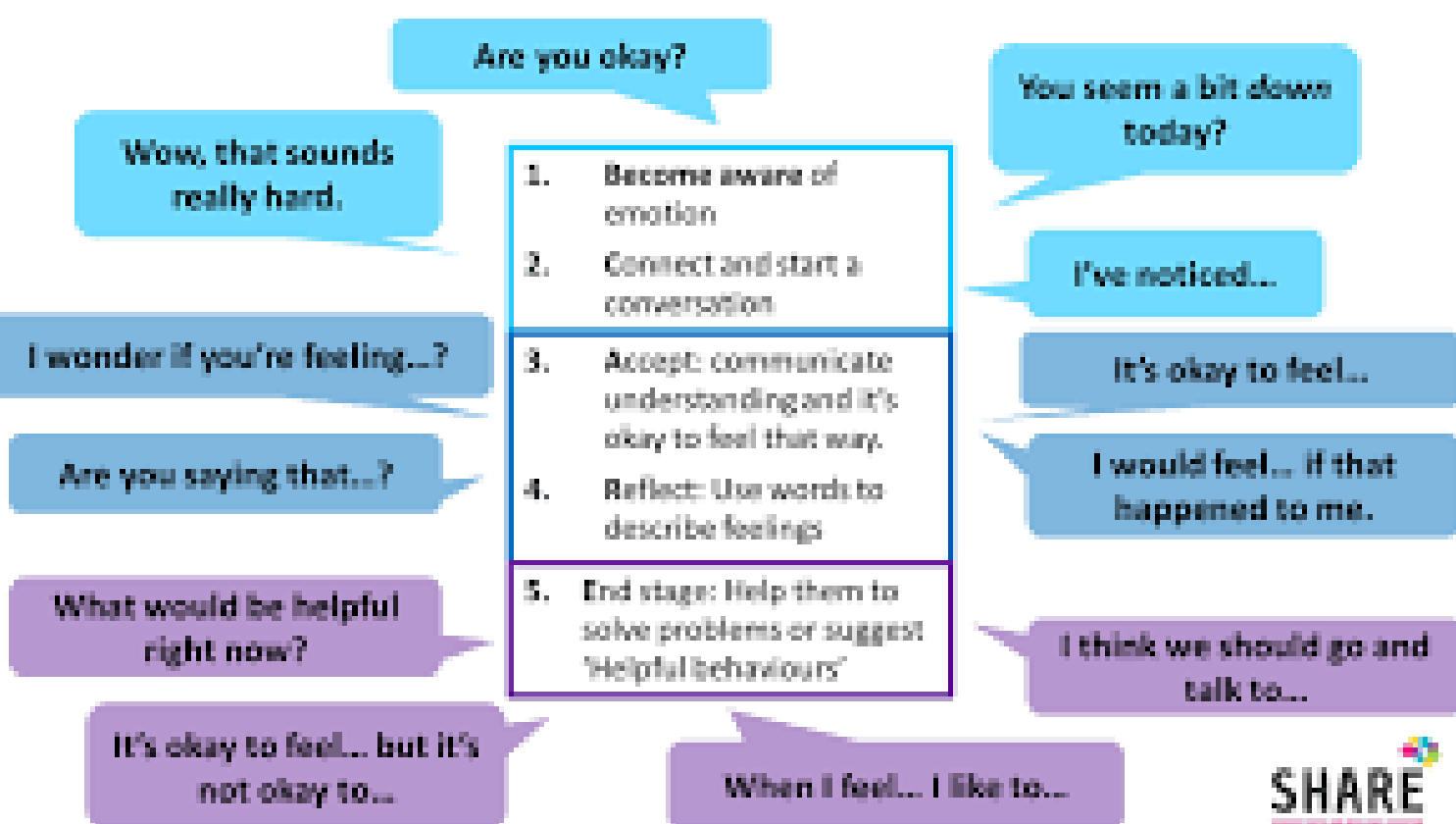
I CAN SEE THAT YOU GET ANGRY WHEN THAT HAPPENS. I WOULD FEEL ANGRY IF THAT HAPPENED TO ME. IT'S NATURAL TO FEEL LIKE THAT.

I CAN SEE YOU'RE FROWNING AND YOU'RE KICKING THE WALL AND YOU'RE EXPRESSING A LOT OF ENERGY. I WOULD BE FEELING LIKE THAT TOO IF I DIDN'T WANT TO DO SOMETHING.

I WONDER IF YOU'RE FEELING

I NOTICED YOU LOOKING AROUND AT THE OTHERS WHO ARE WORKING ON THEIR PROJECTS. I THINK YOU MIGHT BE FEELING NERVOUS RIGHT NOW ABOUT WHETHER YOUR WORK WILL BE OK. HAVE I GOT THAT RIGHT?

I CAN SEE THAT YOU FEEL THIS ISN'T FAIR (MIRROR LANGUAGE)



<https://www.gottman.com/blog/an-introduction-to-emotion-coaching/>