



Lady Boswell's school recognises that children who are aware of their own emotions and behaviour are better at self-regulating and can deploy coping skills. This self-regulation allows pupils to learn and practise their social, emotional, and learning skills.

What are The Zones of Regulation?

The Zones of Regulation are used to label the different ways we feel as well as our states of alertness we experience. The Zones provide children with strategies to become more aware of their emotions, manage their sensory needs, and improve their ability to problem solve conflicts. Once these strategies have been successfully developed and strengthened, they turn into essential life skills and help children to become motivated and determined to succeed.

The Zones are categorised into colours, which help children recognise how they are feeling and understand how to control their emotions and improve their ability to problem solve conflicts.

Blue: sad, tired, sick, or bored.

Green: happy, focused, content, or ready to learn.

Yellow: frustration, anxiety, excitement, silliness, the wiggles, or nervousness.

Red: anger, rage, explosive behaviour, or devastation.

Through discussion, your child will become familiar with the Zones and enable them to identify their feelings, recognise their level of alertness and control their behaviour using the strategies they have highlighted. This provides children with a toolkit that allows them to independently regulate their own emotions and behaviour, as well as develop skills such as identifying the impact of their behaviour on those around them.