

Helping children explain and regulate their emotions through the Zones of Regulation programme

As educators and caregivers, we know how important it is for children to develop emotional self-awareness, self-regulation, and social skills. However, teaching children how to manage their emotions can be a daunting task. That's where the Zones of Regulation programme has supported us at Rossett Acre Primary school. This programme is designed to help children identify and regulate their emotions, so they can better cope with the challenges of everyday life.



We introduced the Zones of Regulation programme in September 2022. Each classroom has a colour-coded chart clearly displayed and accessible for the children to use throughout the entire day.



The four colours represent different emotional states:

- Blue for sad or bored
- Green for happy and calm
- Yellow for excited or anxious
- Red for angry or frustrated

By understanding and recognising these emotions, children can learn how to self-regulate and make positive choices.

Benefits:

The Zones of Regulation programme, has helped children develop their emotional self-awareness, by learning to recognise and label their emotions. Through this, the children can better understand how they are feeling and why. By understanding their own emotions and those of others, children can better empathise with others and form positive relationships. This has led to improved communication, teamwork, and cooperation.

The programme also helps children develop self-regulation skills. By learning how to manage their emotions, children are learning to make better decisions and avoid impulsive behaviour. This has already led to improved academic performance and better behaviour in some classrooms. As we continue to embed the Zones of Regulation in our school, we hope the positive impact grows throughout the school.

Pupil Voice

At Rossett Acre children are encouraged to share their opinions and views. A child in Year 1 said "When I am feeling in the blue zone, I look in my toolbox or use the class 'well-being well' to help me. Blue zone can mean you're tired or sad."



A Year 2 child shared the following: "I have my own zone board at home on my chalkboard and every morning I do my zones. Then when I get home from school my mum talks to me about my zone and if it has changed." Some of our parents have really embraced this method and are using the Zones of Regulation approach at home which is great.

Case study: Rossett Acre Primary School

Headteacher Feedback

“At Rossett Acre, since the introduction of the Zones of Regulation, our children are becoming more adept at articulating how they feel. They are identifying their emotions, and the physical symptoms that can sometimes accompany them. We have a strong focus on developing and supporting our children’s personal development. This was highlighted in our recent Ofsted inspection in June 2022 where we received an outstanding judgement in this area. This approach complements the work our Nurture Team carries out in school, and we are beginning to see a real difference, which is fantastic.” - Corrine Penhale, Headteacher at Rossett Acre Primary School.

By working together as a whole community, we are creating a more emotionally literate and supportive environment for our children.



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