



Mile Oak Primary School

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Dear Parents and Carers,

Over the last few weeks we have introduced the children to a programme called the **Zones of Regulation**. This is to help them to recognise their emotions and to give them strategies to help regulate their feelings. Self-regulation can go by many names, such as self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when a child plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness; however, that same state would not be appropriate in the library. The lessons and learning activities are designed to help the children recognise when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in.

In addition to addressing self-regulation, the children will gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem solving skills.

A critical aspect of this curriculum is that all team members know and understand *The Zones language*. This creates a comfortable and supportive environment for the children to practise their self-regulation skills. It also helps the children learn the skills more quickly and be more likely to apply them in many situations.

Here are the zones the children have been introduced to:

Blue: rest area where you pull over when you're tired and need to recharge. - You are **Lethargic**.

Green: you are 'good to go!' – You are **regulated**.

Yellow: slow down or take warning- You are **overwhelmed**.

Red: stop and regain control- You are **dysregulated**.



It is important for the children to know that there is no 'bad' Zone. Everyone experiences all of the zones at different times and in different circumstances. We cannot change the way children feel but we can help them manage their feelings, states and behaviours. Children need to learn it is okay to be angry but it how we deal with our anger appropriately that is important. They also need to recognise that you can be in more than one zone at a time (eg. sad and angry).

Over the next few weeks, additional information will be provided so you will be able to support your child at home with the Zones of Regulation.

Yours Sincerely,

Jen Wilks
Assistant Head

