



Zones of Regulation

Parent resource pack

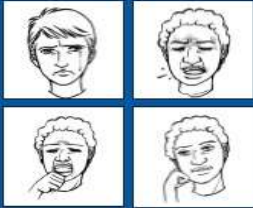

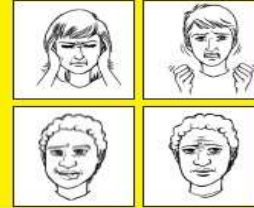



Introduction

Welcome to the Zones of Regulation resource pack, the aim of this pack is to help parents understand the zones, how they might be being used in schools and how to help support your child by using them at home.

What is the Zones of Regulation programme?

The Zones of Regulation is a programme created by an occupational therapist used to help children and young people regulate their emotions and needs. Using the zones of regulation helps children to identify emotions, what they look like, and then use tools to help manage situations. There are four different zones **Blue**, **Green**, **Yellow** and **Red**. One of the great benefits of the zones of regulation is that it gives children a way of talking about their emotions - something as adults we know can be hard!

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

The **BLUE** zone

The blue zone is used to describe when a child is feeling sad, tired, bored or maybe sick, it is linked with the body feeling slow and less likely to engage.

The **GREEN** zone

The green zone is the ideal state to learn in and is used to describe a happy, calm and focused child. It is the 'ready to go' zone.

The **YELLOW** zone

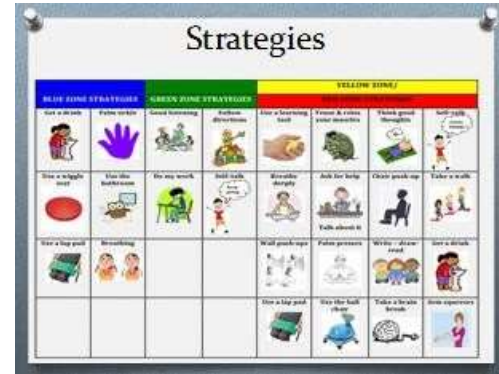
The yellow zone is used to describe a child who is over excited, frustrated, worried, wiggly and anxious. The yellow zone is sometimes called the 'trigger zone' (please read on for more about triggers).

The **RED** zone

The red zone is used to describe when a child feels angry, terrified and out of control, their behaviour may look like screaming, yelling or hitting. Often others describe the behaviour seen in the red zone as a 'meltdown'.

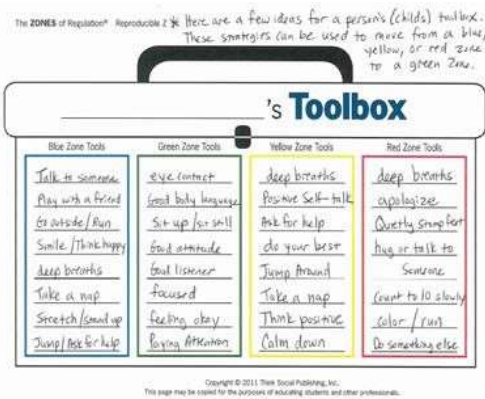
How the Zones will be used in schools

Teachers and teaching assistants will be trained in the zones of regulation and may integrate them as part of the classroom environment. Children will be taught how to identify what zones they are in and what each zone may look like for them. They will be supported to think about how their behaviour changes and affects others depending on their zone. Children will be supported to identify triggers for them, triggers are an irritation that may cause the child to go into a yellow or red zone. A big part of the work done in schools will be about using individual strategies and toolboxes to move children towards the green zone which is the best for learning.



Strategies and toolboxes: explained

Once a child understands the different zones, they will be supported to think about different things to help them move from a potentially unproductive zone like blue or yellow to a zone that is good for learning like green. This is referred to as an individual's 'strategies' or 'tools'. These will usually include calming and alerting tools which support sensory needs and promote thinking strategies, examples of these are lazy 8 breathing, weighted snakes or talking a walk. Each child will have different strategies and tools that work for them. If you have noticed something at home that works well to calm your child, it's really helpful to share

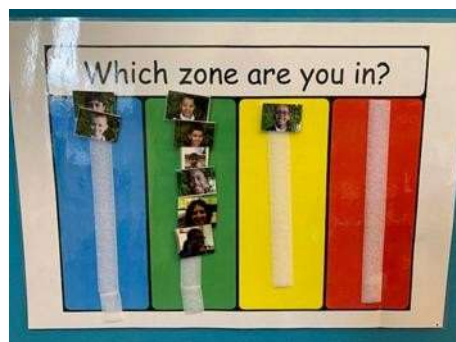


this with school. Children will be taught why, when and how to use their tools and how to integrate that into everyday life.



Using the Zones at home

It is important that everyone uses the same language around the zones so that children receive a consistent message. Using the zones at home is a great way to support your child to regulate their emotions and continue to practice the work they will have been doing at school. It is important to be in contact with school about what strategies and tools they are using so that you can try and integrate them into home life as well. A nice strategy to help use the zones at home is by modelling them yourselves, for example "this is really frustrating me and moving me into the yellow zone. I am going to take some deep calming breaths to move me back to the green zone".



Key points to remember

There is no such thing as a bad zone, all zones are expected at one time or another!

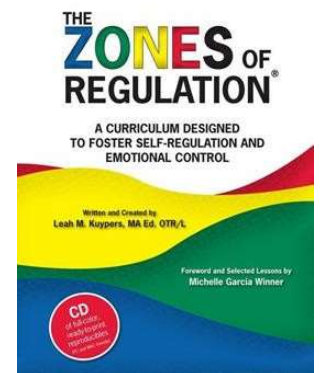
Consistency is key, if school have set up this programme then work with them to use the same tools at home.





Be creative and have fun, work with your child to integrate the programme into your routines at home.

Further information and advice

If you are interested in finding out more about the zones of regulation, there are lots of resources and information online including the official book. Alternatively, it is a great idea to speak to classroom teachers and teaching assistants about how they are using the zones with your child and give them any feedback you have noticed about the programme.

Wandsworth Autism Advisory Service (WAAS) are offering several different parent training sessions, coffee mornings and children's groups, please email autismadvisory@wandsworth.gov.uk for more details.



Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space