



<p>Subject: Implementation plan for Zones of Regulation</p>
<p>Date of plan. 07/07/2025 Created by Shelley Lee</p>
<p>Explore: There is currently a need to help children regulate their emotions within school in order for pupils to remain in the optimal state of mind for learning. There is also a need to educate pupils on recognising their own and others' emotions. Some pupils do find self-regulation difficult as well as being able to express how they feel effectively to each other and adults in school.</p> <p>Zones of regulation was recommended by Amira Helm of Strive SEND specialists. It was said that we could implement this as a whole school model, enabling all pupils and staff to understand the language and tools to support pupils with emotional regulation.</p> <p>A decision to adopt this approach was made through conversations with staff members and parents.</p>
<p>Prepare</p> <ol style="list-style-type: none"> 1. Staff CPD will be delivered 03/09/25. The theory behind the tool and how it would help our pupils with and without SEMH needs in school was discussed among staff. We looked at the zones, recognising them, defining them and strategies to help children who find themselves in a particular zone. All staff agreed this is something we should look to implement using a whole school approach. 2. We decided to implement this from Autumn 1 and staff had already been sent resources to support classroom displays in Summer 2 term 2025. Sessions will be planned in line with our bespoke PSHE curriculum, to assess the appropriateness of the lessons. Some lessons will need adapting – which the plans offer. Staff to use PowerPoints and resources that outline the lessons for different year groups, including EYFS. 3. Further dates to monitor and revisit initial CPD will be planned into staff meeting time during the Autumn Term. 4. Decision on displays to be made beginning of Autumn 1 during staff meetings to maintain consistency throughout each class.
<p>Deliver</p> <ol style="list-style-type: none"> 1. Sessions will be taught from the second week in Autumn 1. It was decided that staff would plan this into their PSHE slot of a Monday morning. 2. Zones of regulation display to be developed in each classroom. 3. Zones area to be developed in each classroom. 4. Feedback in staff meetings to be conducted – adaptations to be made if necessary. 5. Pupil voice to be collected.
<p>Sustain</p> <ol style="list-style-type: none"> 1. For this tool to be sustained regular monitoring will be conducted. This will include: 2. Display walkthroughs including use of Zones. 3. Pupil voice. 4. Staff Voice. 5. Refresher sessions planned in each half-term following on from the initial delivery.

