



ST. JAMES' CATHOLIC PRIMARY SCHOOL

Where we belong, believe and achieve.'

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Zones of Regulation

Dear Parents/Carers,

This school year, staff and students will be participating in a new curriculum called Zones of Regulation. The goal of the curriculum is to teach children about self-regulation and how to strengthen their self-regulation skills.

Self-regulation can go by many names, such as self-control, self-management, and impulse control.

Self-regulation is an essential skill in life, and in all learning environments. Children who can regulate their own emotions and pay attention are better ready to learn and thrive.

Zones of Regulation groups the different emotions that children feel and act into four "Zones".

Blue Zone — when your body is running slowly, such as when you are tired, sick, sad or bored.

Green Zone — when you are ready "good to go." You feel happy, calm and focused.

Yellow Zone — when you feel your engine running high, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.

Red Zone — is when you have "flipped your lid." You have extreme feelings such as terror, uncontrolled anger, aggression, or elation.

The Zones of Regulation focuses on two areas. In the first, our students will learn about how their emotions and attention are connected, and then how to recognise emotions and attention in themselves and classmates. They learn that they move through their Zones throughout the day, and that they can improve their control over their Zones through practice.

The second area of Zones of Regulation teaches about tools for changing from one Zone to another and encourages each child to build a repertoire of tools. The goal of the curriculum is for children to gradually become more able to call upon their toolkit, rather than needing adults to regulate them.

It is very important to know that none of the Zones is "bad" or "naughty." **All of the Zones are expected at one time or another.** As the curriculum progresses, children will practice identifying what Zone is expected, and how to change Zones to better match their levels of alertness and emotions to their situation.



As we progress through the school year, I hope you will hear/see your child/children using these tools to regulate at home, for more information, please see the school website under the curriculum tab. Here you find extensive information and a small, yet helpful toolkit to use at home.

Yours Sincerely Miss Lee - SENDCo

