

# Zones of Regulation

## What Are the Zones of Regulation?

At Blowers Green Primary, we use the Zones of Regulation to help children recognise, understand and manage their feelings. The Zones provide a simple, visual way for pupils to identify their emotions and learn strategies to help them regulate.

There are four colour zones, each representing a different group of feelings:

### Blue Zone

#### Feelings:

Sad  
Tired  
Sick  
Bored  
Moving slowly

#### What this might look like:

The child may seem withdrawn, quiet, lacking energy, or not ready to learn.

#### How children can help themselves:

Talk to a friend or adult  
Take a short break  
Try something motivating or comforting  
Have a drink, rest or gentle movement

### Green Zone

#### Feelings:

Happy  
Calm  
Ready to learn  
Focused  
Feeling okay

#### What this might look like:

The child is engaged, calm, focused and in a good place for learning and friendships.

#### How children can help themselves:

Keep a positive mindset  
Notice what helps them stay calm  
Use strategies that maintain focus and regulation

### Yellow Zone

#### Feelings:

Frustrated  
Worried  
Silly/wiggly  
Excited  
Feeling overwhelmed  
Losing some control

#### What this might look like:

The child may appear fidgety, anxious, distracted or unsettled.

#### How children can help themselves:

Share worries with an adult  
Use relaxation techniques  
Have movement breaks  
Practise breathing or grounding exercises

### Red Zone

#### Feelings:

Angry  
Mad  
Mean  
Yelling/hitting  
Out of control  
Disgusted

#### What this might look like:

The child may appear very upset, explosive, unsafe, or unable to calm down.

#### How children can help themselves:

Take space to calm down  
Ask for help from an adult  
Use breathing techniques  
Get a drink or some fresh air when appropriate

## Why Do We Use the Zones?

The Zones help children to:

- Identify how they are feeling
- Understand that all emotions are valid
- Learn strategies to regulate their feelings
- Build independence and resilience
- Support themselves and others
- Communicate emotional needs more confidently

The aim is not to keep children in the Green Zone all the time—all feelings are normal. Instead, pupils learn how to manage their feelings and choose helpful strategies.

## How You Can Support At Home

You can help reinforce the Zones by:

- Talking about which Zone you are in
- Asking your child what Zone they feel they are in
- Helping them choose appropriate strategies
- Modelling calming techniques yourself
- Celebrating when they regulate well
- Keeping language consistent with school

## Working Together

Our ELSAs, Miss Parkes and Mrs Bell, along with teachers and support staff, use the Zones throughout school to help every child feel understood, supported and ready to learn.

If you have any questions or would like more information about how we use the Zones of Regulation at Blowers Green Primary School, please speak to:

Miss Parkes - ELSA

Mrs Bell - ELSA

Mrs S. Martin - SENCO & Deputy Headteacher