

A Parents' Guide to The Zones of Regulation

The Zones of Regulation is an internationally renowned framework which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when they were working in a library. From time to time, all of us find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

At Scott Elementary, we are teaching the Zones of Regulation throughout the whole school. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience a variety of emotions ranging from calm or happy to anxiety or stress.

We aim to help children to:

- Recognize when they are in the different Zones and learn how to change or stay in the Zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognize when other people are in different Zones, thus developing better empathy.
- Develop an insight into what might make them move into the different Zones.
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them, known as their personal 'toolkit'.

What are the different Zones?



Example Tools for Self-Regulation

Calming Strategies



Lazy 8 Breathing



Six Sides of Breathing



Belly/Breath

Sensory Strategies



Carry

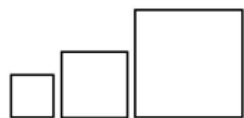


Push



Jumping Jacks

Thinking Strategies



Size of Problem



Inner Coach



Talk to Adult