

Using the ZONES of Regulation At Home- Top Tips!

- Talk through the zones with your child. Ask them how they would feel in each zone?
- Discuss what emotions they feel in each zone e.g. in the yellow zone I may feel worried
- If your child needs help understanding their emotions and language around this you can link to speed and energy levels. Also model what zone you are in, in different situations. Comment on what zone you think your child may be in at different times to help develop their understanding too.
- Comment on the zones when sharing story books, films and TV shows to model this concept around the things that your child enjoys.
- Link to their interests wherever possible to support their engagement and enjoyment of using the zones to regulate.
- Model and discuss how you/they physically feel e.g. in the yellow zone I may have butterflies in my stomach or have sweaty palms (if feeling worried).
- Then discuss what they might be doing, or what actions may we see e.g. in yellow zone would they be pacing around, fidgeting?
- Then discuss how to help them move into a different zone e.g. if I was in the yellow zone and feeling anxious I might find breathing techniques helps me to move into the green zone.
- Create a list of strategies that work for your child. Remind them that we are all unique and the strategies that work for one person might not help them so they need to think about what would help them. Develop a tool kit of regulation tools or activities around this.
- Remind them that we will experience all zones and there are no good or bad zones- however our success in regulating our emotions depends on us knowing what zone we are in, recognising this, understanding it and putting a support strategy in place if needed for moving zones.
- If you would like more support or ideas please contact your child's class teacher. We are here to help!

