

## Wellbeing Wednesday #8

*Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.*

### **This week's topic is the Zones of Regulation.**

The Zones of Regulation is an approach used to teach self-regulation. It gives children language and strategies to express their needs, emotions and impulses in order to successfully engage in their environment.

The Zones are made up of four colours that represent different feelings and emotions. They are Blue Zone (moving slowly), Green Zone (good to go), Yellow Zone (move cautiously) and Red Zone (stop). Students move themselves in and out of different Zones as their emotions change throughout the day.

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Tired	Calm Content	Excited Frustrated	Mad Anxious
Depressed Frustrated	Apprehensive Pleased	Nervous Anxious/Worried	Shy Angry
Sad Bored	Thoughtful Happy	Shy Annoyed	Aggressive Terrified
Embarrassed Shy	Calm Content	Frustrated Annoyed	Out of Control Mad
	Calm Content	Frustrated Annoyed	

### **In our Learning Spaces:**

In the classroom, the four colours of the Zones are displayed so students can map how they are feeling. For example, if a student is in the Blue Zone, they recognise they are feeling a little down or tired and can then use one of their strategies to manage the zone they are in and acknowledge how they're feeling. Each student may experience their emotions in different ways and use different strategies to regulate their emotions and that is ok. This is one of the many benefits of this approach-it accommodates all individuals.

The Zones acknowledges that emotions in all four Zones are healthy and important, which is an important part of the approach. It also enables communities to use a common language to support children in understanding their emotions.

### **At home:**

You can use the same language and strategies at home. Asking children to reflect upon how they feel and give labels to those emotions is critical to them then being able to self-regulate. For example, if a child is frustrated with their sibling for using their toys, encourage them to recognise that emotion as frustration and then put into practice the strategies they can use to help calm. Calming strategies are best discussed before stressful situations arise. Have a discussion with your family around what works for each of you to help calm, so you have ready-made approaches when we all inevitably get frustrated, worried, angry, upset, jealous, etc.

**Strategies to use:**

Strategies that might be useful in the home might include going for a walk, a 10-minute mindfulness meditation from the Smiling Mind app, breathing exercises, colouring, listening to music, exercise, dancing, cooking, or even cleaning. The possibilities are endless, as long as they work for the person that chose them. When we have these strategies ready to go and other members of the house are aware of them, it is much easier for children, and ourselves, to self-regulate.

Included in this email will be a poster you can print out and have at home explaining where different emotions sit in the different zones. This may be helpful as a visual reminder for your children when they escalate into the yellow or red zone. If you'd like a printed A3 copy of this poster, please let the school know and I can send a copy home with your child.

Have a great week and looking forward to seeing you all back at school soon.

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