



Contextual Safeguarding- September 2024

ZONEs of Regulation

Are you in the **ZONE** for learning?

	Blue Zone I am feeling: sad, sick, tired, bored, slow-moving, sick, hungry, hurt, down, low,	
	Green Zone I am feeling: happy, okay, focused, calm, ready to learn, proud, content, alert, engaged	
	Yellow Zone I am feeling: frustrated, worried, silly, fidgety, wiggly, excited, losing some control, nervous, surprised	
	Red Zone I am feeling: mad, mean, scared, aggressive, terrified, out of control, angry, loud, violent, disgusted	

Which **ZONE** are you in?

The start of a new school year can be an extremely exciting time but also a very daunting and tiring one, which can lead children to feel all sorts of emotions and even a little overwhelmed. To help our children at Guildhall Feoffment deal with these range of emotions, we talk to them about how the first step to self-regulation is identifying how our body and brain feels and how the four Zones of Regulation can help us with this. We discussed how all zones are ok and all feelings are ok, but we (and those around us) feel comfortable and safe when we are in the expected zones at the expected time.

We then discuss strategies we could use to help regulate our own emotions, but also those we could use to help our friends also make positive choices. Some of these strategies may also be useful at home.









Managing my ZONEs



Know and manage your triggers...

- "I felt excluded."
- "I felt unheard."
- "I felt scared."
- "I felt frustrated."
- "I felt told-off."
- "I felt like it was unfair."
- "I felt ignored."
- "I felt lonely."
- "I felt confused."
- "I felt lost."
- "I felt hungry."/
- "I felt tired."

Tools to help me get in the **ZONE** for best learning

	Blue Zone Tools <i>Visit a quiet space, take a walk, snuggle in a blanket, cuddle a cushion, listen to music, have a glass of water, have a snack, read a book, tickle your arm, give yourself a cuddle, write down your feelings, draw a picture, think about a happy place or memory, talk about it.</i>	
	Green Zone Tools <i>Complete your work, try your best, reach your goals, help others, make a difference.</i>	
	Yellow Zone Tools <i>Have a drink, deep breathing, wall push ups, take a short jog or run, do some stretches, jumping jacks, skipping, kick a ball, slow down, talk about it, lazy 8 breathing,</i>	
	Red Zone Tools <i>Take a break, think about the size of your problem, deep breathing, stress ball, massage your hand, listen to music, do some stretches, go outside for a run, sandwich yourself between pillows, calming colouring, rock gently.</i>	

Remember – different tools work for different people- think about which tools will work for you and make your own tool kit.