



Supporting Children to Understand and Manage Their Emotions

At Old Park Primary, we use the **Zones of Regulation** framework to help children understand and manage their emotions and behaviours. This approach supports our vision of nurturing children to reach their full potential socially, emotionally, and academically.

What Are the Zones of Regulation?

The Zones of Regulation is a tool that helps children recognise their feelings and states of alertness by organising them into four coloured zones:

Some feelings in the BLUE ZONE	Some feelings in the GREEN ZONE	Some feelings in the YELLOW ZONE	Some feelings in the RED ZONE
 Bored	 Calm	 Frustrated	 Overjoyed
 Hurt	 Happy	 Worried	 Wild
 Sick	 Okay	 Energetic	 Angry
 Tired	 Focused	 Silly	 Out of Control
 Exhausted	 Proud	 Excited	 Terrified
 Sad	 Relaxed	 Annoyed	 Furious
Low levels of energy and down feelings	Calm energy and a sense of control	Higher energy and stronger feelings	Extremely high energy and strongest feelings

How We Support Children in School

- We teach children to recognise their own zone and the zones of others
 - We practise strategies such as deep breathing, counting, movement breaks, and asking for help
 - Adults model calm and regulated behaviour
 - We provide a safe, supportive environment where children feel comfortable expressing their feelings
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How You Can Support at Home

- 💬 Talk about emotions and help your child name their feelings
 - 😬 Use the Zones language at home ("Are you in the Yellow Zone?")
 - 🤝 Encourage calming strategies when your child feels overwhelmed
 - ★ Praise your child when they manage their emotions well
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Working Together

By using a shared language between school and home, we can help children build the emotional skills they need to thrive.