



Spotlight on LEARNING

The Zones of Regulation



Redwood School



What are

THE ZONES OF REGULATION?

The Zones of Regulation are a tool to support students to regulate their emotions. The Zones teach students to recognise different emotions in themselves and others, and equips them to manage their emotions by teaching them techniques and strategies to move into optimal emotional zones for learning.



Why it's

IMPORTANT?

Young children can experience big emotions that can overwhelm them and cause them to interrupt their own learning and the learning of others. We want classrooms to be calm and conducive places for students to learn and for our playgrounds to be safe places for students to play. Emotional regulation is a critical skill for our students to have

Redwood School's Zones of Regulation

BLUE ZONE	GREEN ZONE	YELLOW ZONE	ORANGE ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Ok Focussed Ready to Learn	Frustrated Worried Silly / Wiggly Excited Loss of Some Control	Mad / Angry Terrified Yelling / Hitting Elated Out of Control



Links to

RED

The Zones of Regulation is about teaching students to **RESPECT** each other, their own and other people's feelings. It is about giving students **RESPONSIBILITY** for their own emotional behaviour and actions. Students are **EMPOWERED** to make good decisions, be resilient and persevere.

