



Zones of regulation

At Belsay Primary School, we are dedicated to supporting the emotional well-being and development of all our pupils. One of the key tools we use to achieve this is the *Zones of Regulation*. This simple but effective framework helps children better understand and manage their emotions, behaviours, and sensory needs in a positive and constructive way.

The Zones of Regulation categorise emotions and states of alertness into four coloured zones:

- **Blue Zone:** Feeling low, tired, or sad.
- **Green Zone:** Feeling calm, focused, and ready to learn.
- **Yellow Zone:** Feeling excited, anxious, or frustrated.
- **Red Zone:** Feeling overwhelmed, angry, or out of control.

By teaching children to identify which zone they are in, we empower them to recognise their emotions and understand that all feelings are valid. Importantly, we also teach strategies and tools to help them move between zones as needed—for example, calming techniques for the red or yellow zones, or energising activities for the blue zone.

The Zones of Regulation not only help children build self-awareness but also equip them with life skills that extend beyond the classroom. Whether managing emotions during a challenging lesson, navigating friendships on the playground, or staying calm in unfamiliar situations, the Zones give children a structured and accessible way to take charge of their feelings and actions.

For teachers and staff, the Zones of Regulation provide a common language to support children in moments of difficulty. By helping pupils identify their emotional state, we can offer timely and tailored support, ensuring every child feels seen, heard, and understood.

We encourage families to engage with the Zones of Regulation at home, too. Talking about emotions using the Zones can strengthen communication between children and parents, fostering a shared understanding of feelings and strategies for handling them.

At Belsay Primary School, we see the Zones of Regulation as more than a tool—it is a cornerstone of our commitment to nurturing well-rounded, emotionally resilient individuals. Together, we can help our children develop the skills they need to thrive now and in the future.