

Woy Woy Public School will be starting to teach a whole school program designed to help children build self-regulation. The Zones of Regulation is a complete social-emotional learning curriculum, created to teach children self-regulation and emotional control.

The Zones of Regulation uses four colours to help children self-identify how they're feeling and categorise it based on colours.

The curriculum also helps children better understand their emotions, sensory needs and thinking patterns. They learn different strategies to help them cope and manage their emotions based on which colour zone they are in.

## The Zones of Regulation

### The Green Zone

The green zone is used to describe when you're in a calm state of alertness. Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you want your child to be in. It's also the state most needed in the classroom in order to learn.

### The Yellow Zone

The yellow zone describes when you have a heightened sense of alertness. This isn't always a bad thing, and you typically still have some control when you're in the yellow zone. Being in the yellow zone means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situations.

### The Blue Zone

The blue zone, on the other hand, is used when a person is feeling low states of alertness or arousal. When you're in the blue zone you may be feeling down – sad, sick, tired or bored. You're still in control, as you are in the yellow zone, but with low energy emotions.

### The Red Zone

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer able to control their emotions or reactions. This is the zone kids are in during meltdowns. Being in the red zone means you're feeling anger, rage, terror or complete devastation and feel out of control. We are teaching children to identify when they are in different zones and helping them build a toolbox of strategies to support them in self-regulation to green.

A 'What Zone are you in?' laminated card will be given to families to use as a visual when discussing the program at home. You can also search the 'Zone of Regulation' in Google and you will find lots of resources and tips on how to implement this learning at home.

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