





# The **ZONES** of Regulation®

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Mean Terrified Yelling/Hitting Out of Control

We use the Zones of Regulation to support children in understanding and identifying their emotions. This helps the development of emotional literacy for all pupils.

We all experience every zone at different times but the **GREEN Zone** is our aim during learning time.