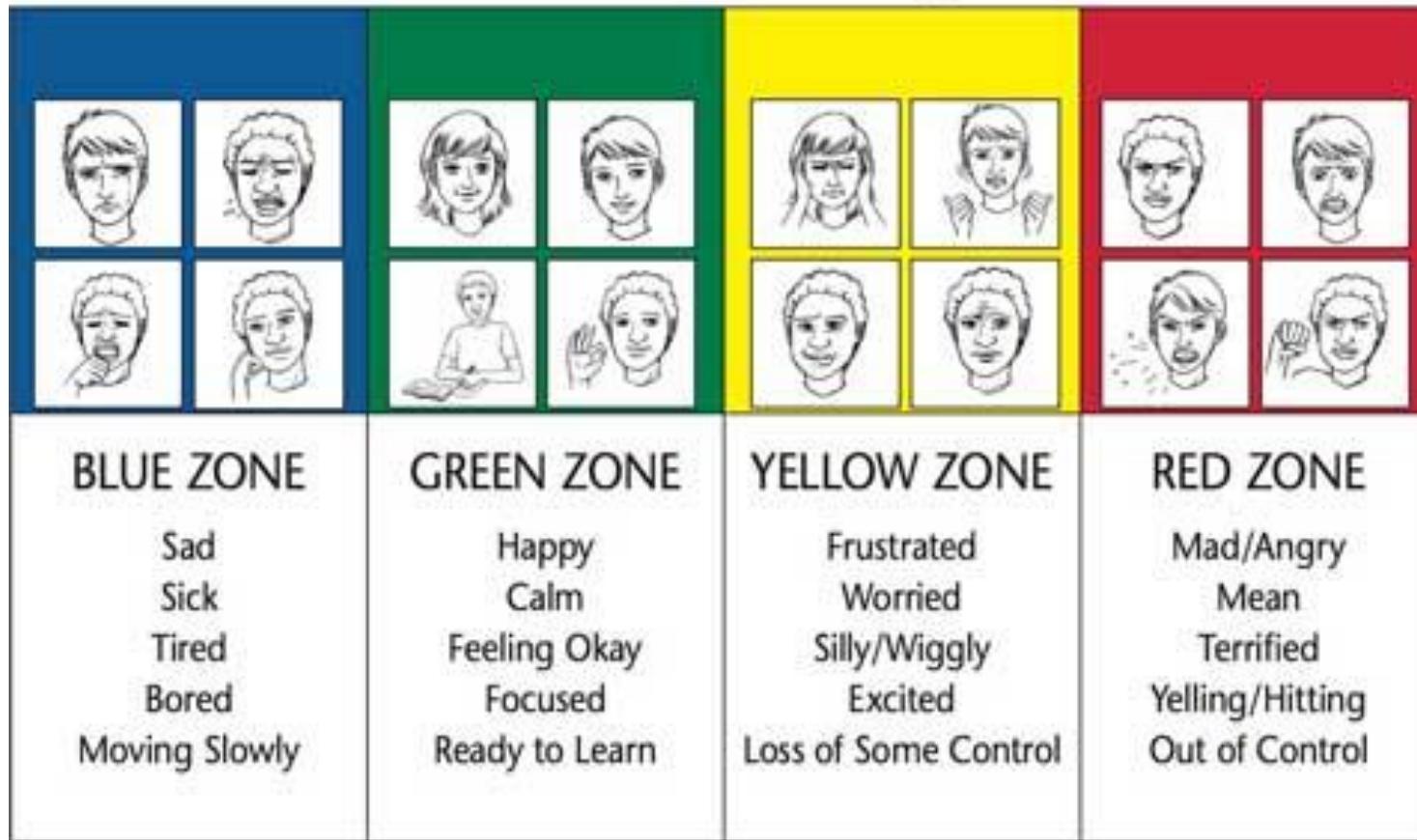


The **ZONES** of Regulation®



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.