

ZONES OF REGULATION

Before we can self-manage our behaviour, it's crucial to understand our feelings and their underlying reasons. By honing the skills and knowledge to recognise emotions and accurately label them, we pave the way to becoming happier individuals and experiencing increased wellbeing.

To support this, we have implemented the Zones of Regulation framework at CPPS. This framework provides a structured approach to teaching self-awareness and self-regulation by categorising emotions into four distinct zones:

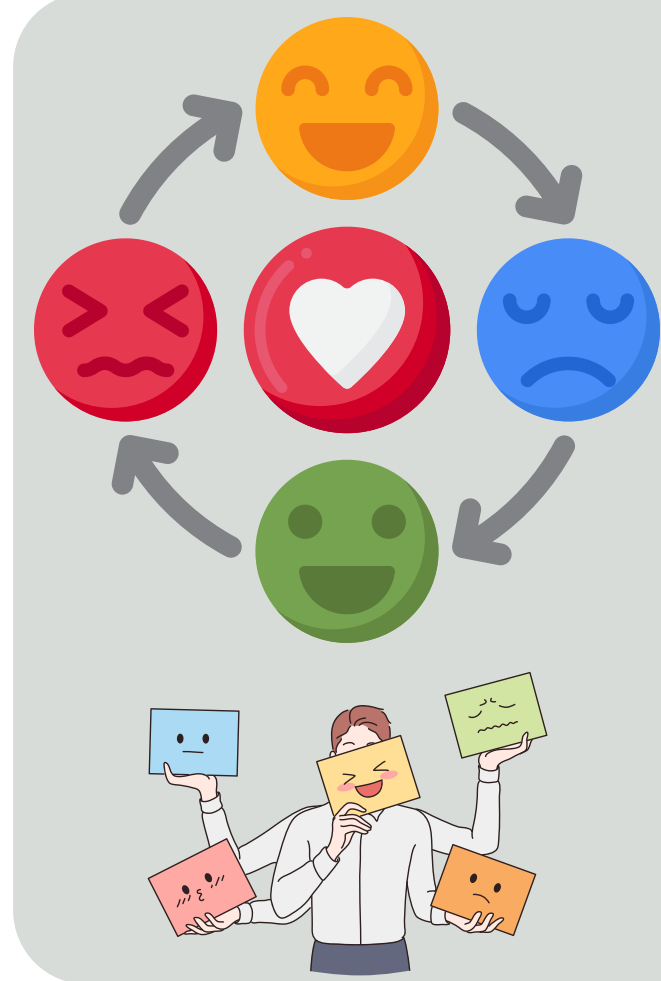
Blue Zone: Low state of alertness; feelings may include sadness, tiredness, or boredom.

Green Zone: Regulated state of alertness; characterised by feelings of calmness, happiness, and readiness to learn.

Yellow Zone: Heightened state of alertness; students may experience stress, frustration, excitement, or silliness.

Red Zone: Extremely heightened state of alertness; intense emotions such as anger, panic, or overwhelming joy.

Through the Zones of Regulation, students not only learn to recognise and understand their emotional states but also develop strategies to navigate transitions between zones effectively. By fostering this emotional intelligence, we empower our students to thrive academically, socially, and emotionally.



ALL EMOTIONS ARE IMPORTANT

It is important to reiterate to children that all emotions are valid and there is no 'bad' or 'naughty' zones.

Being calm and in the green zone is good for learning within the classroom, but in the playground, other emotions might be more appropriate such as surprise and excitement.



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