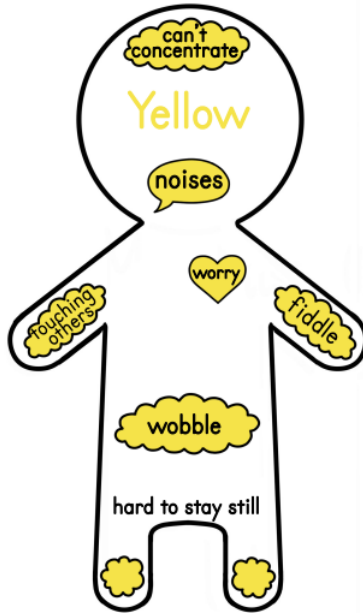


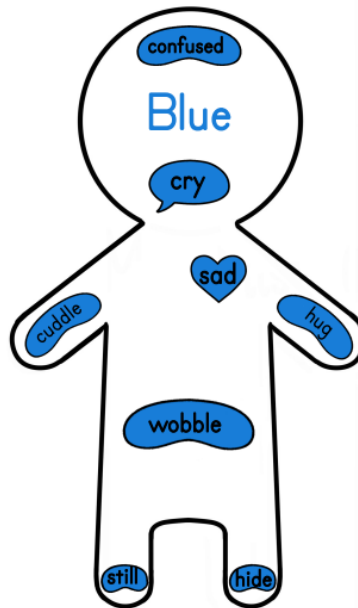
The Zones of Regulation at Pownall Green



I am yellow:
fidget
making noises

To get to green:

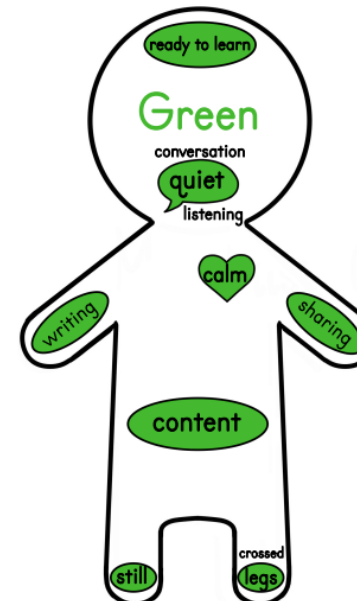
- ✓ fiddle tool
- ✓ reduce noise
- ✓ tell adult
- ✓ deep breaths



I am blue:
sad
crying

To get to green:

- ✓ tell an adult
- ✓ share worries
- ✓ hug
- ✓ something fun



I am green:
calm
content

I am ready to:

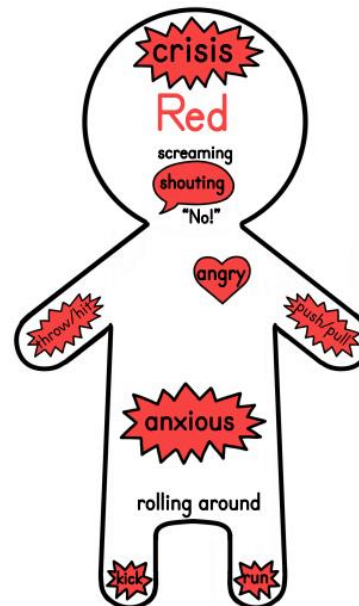
- ✓ listen
- ✓ write
- ✓ share
- ✓ learn



I am orange:
cross
overwhelmed

To get to yellow:

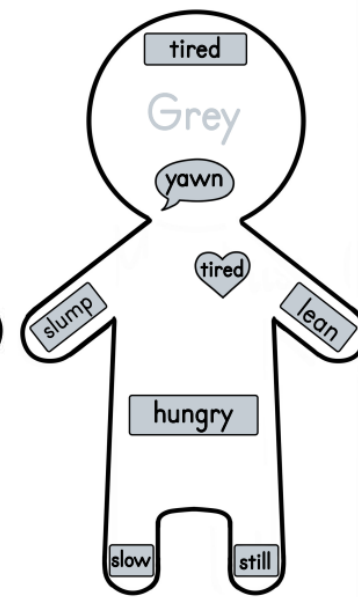
- ✓ tell adult
- ✓ calm corner
- ✓ deep breaths
- ✓ re-join class when yellow



I am red:
crisis
scared

To get to yellow:

- ✓ alone time
- ✓ have a drink
- ✓ learned strategies
- ✓ reflection with adult



I am grey:
tired
disconnected

To get to green:

- ✓ rest
- ✓ cold drink
- ✓ snack
- ✓ early to bed

What is regulation?

Self-Regulation is the ability to recognise and manage emotions and resulting behaviours in different settings and activities. Children who learn to self-regulate their emotions can make friends more easily, relate more successfully with peers and adults, cope with disappointment better and are less impulsive. Within the classroom, if a child can self-regulate more effectively, they are less likely to show signs of distressed behaviour.

How we help children to self-regulate at Pownall Green

- Provide a safe space that a child can go to and take a break and calm down
- Teach clear and positive behaviour expectations
- For younger children, provide opportunities for developmentally appropriate play
- Model desired behaviours and discuss reasoning for these desired behaviours
- Validate feelings by letting children know it's okay to feel different emotions
- Aid their emotional literacy through labelling emotions and their result in behaviour
- Modelling ways to calm down when needed
- Provide positive feedback in response to the child regulating their behaviour
- Give opportunities for children's independence across the day

What is 'body mapping'?

Body mapping cards are a useful tool used to help children to:

- Name their emotions
- Understand their emotions
- How these emotions affect their bodies
- Strategies they can use to get back to a comfortable state

Quite often, a child is showing distressed behaviour because they don't understand their emotions or how to manage these. This can be very overwhelming.