



Hill West Primary School



Issue 35
February 2024

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2024*

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*Mental Health is a BIG
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Reminders:

*School closes for half
term on Friday 9th
February. School
reopens on MONDAY
19th February for all.*

Pedagogical Newsletter – February 2024

Children's Mental Health Week

This week marks Children's Mental Health Week. We know that children's minds are being constantly shaped by their environment and the connections they make. As the Princess of Wales has highlighted, in her Shaping Us Campaign, during early childhood, from pregnancy to the age of five, our brains develop at an amazing rate – faster than at any other time in our lives. Our experiences, relationships, and surroundings at that very young age, shape the rest of our lives. This is when we start to understand the world in which we live. How to manage our emotions, build relationships with the people around us, believe in ourselves, develop resilience against adversity and have trust in others. Providing strong support for children and parents during this time is essential and can have a life-changing impact. Because if we can build a supportive, nurturing world around children and those caring for them, we can make a huge difference to the physical and mental health and happiness of generations to come.



Why do we Teach about zones of Regulation?

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation. Feelings are complicated. They come in different sizes, intensities,

and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organizes our feelings, states of alertness, and energy levels into four coloured Zones: **Blue, Green, Yellow and Red**. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall mental health and well-being.



The Zones of Regulation Outcomes

The Zones of Regulation helps learners:

Improve competencies in co-regulation and self-regulation

Self-Identify feelings, energy, and levels of alertness

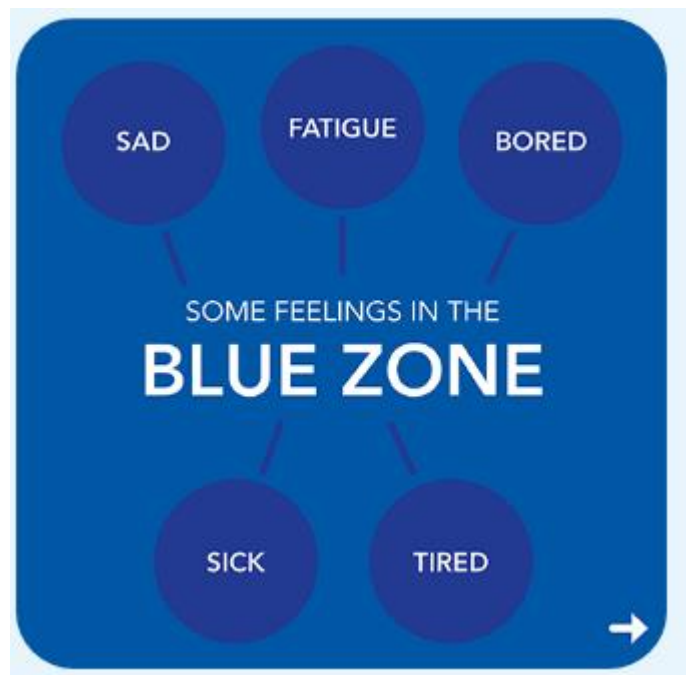
Build self-awareness of body signals as they relate to emotions

Develop perspective-taking skills

Integrate situational awareness with self-awareness to determine how to regulate

Learn why regulation matters in relation to goals and well-being

The Four Zones of Regulation; BLUE



The BLUE ZONE describes low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored. Our energy is low and our body is moving slowly when we are in the Blue Zone.

When in the Blue Zone we often need to rest and recharge to meet our goals. We can regulate by seeking (or co-regulate by offering) comfort, energizing, or resting. If we are feeling sick in the Blue Zone, we may need to rest. If we are feeling tired, we may need to energize (depending on the context). If we are feeling sad, we may need comfort. In all these situations, the common theme is noticing our lower energy and/or down feelings and options for managing them.

Possible Body Signs

Heavy Limbs
Moving Slowly
Slow Heartbeat



The Zones of Regulation helps learners:

Continued...

Identify, practice, and utilize effective regulation and wellness tools/strategies

Understand when and how to use tools

Reflect on situations or experiences
Identify triggers and sparks that impact regulation

Build positive decision making and problem solving skills

Reflect on situations or experiences

Identify triggers and sparks that impact regulation



The Four Zones of Regulation; GREEN



The GREEN ZONE describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone. The nervous system feels safe, organized, and connected in the Green Zone, helping us be primed to learn. However, we can learn in other Zones too.

When in the Green Zone we regulate by using tools and supports that keep us moving forward comfortably, helping us feel ready to go! In the Green Zone, we might regulate by choosing to eat a healthy snack, exercise, take a break, or pause for a mindful moment. These restorative actions help us proactively care for ourselves so we can move forward with ease.

Possible Body Signs

Relaxed Muscles
Comfortable Body Temperature
Focused / Engaged Brain



*Mental Health is
a big issue for
Young People
(YOUNGMINDS)*

One in six children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom.

The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition more than tripled between 2010 and 2018-19.

Suicide was the leading cause of death for males and females aged between five to 34 in 2019.

One-third of mental health problems in adulthood are directly connected to an adverse childhood experience



The Four Zones of Regulation; YELLOW



The YELLOW ZONE describes when our energy is higher, and our internal state starts to elevate. Our emotions get a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the Yellow Zone.

In the Yellow Zone we may need to take action to regulate to manage our energy and feelings as they get stronger. For example, if we are feeling energetic at the lunch table it helps to use caution and take a deep breath, so we do not spill something. If we are feeling nervous before our performance, we can slow down our racing thoughts and speech by using a mindfulness tool. When we are frustrated, and pause to take notice, we can decide to take a break to collect ourselves before we say something we regret.

Possible Body Signs

- Wiggly
- Heart beating faster
- Body warming up
- Muscles Tense
- Thinking Faster





The Four Zones of Regulation; RED

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All the Zones are Okay

A core belief of The Zones of Regulation is that all the Zones are okay.

We routinely experience several of the Zones across a day. It's critically important that we don't convey the message that the Green Zone is the only acceptable Zone to be in.

Acknowledge, accept, and support these feelings, never make anyone feel like the Green Zone is the norm.

Why don't you try talking to your child or children about the coloured zones at home to support our teaching in school? In this way we can help our children recognise their strong emotions and begin to identify how to regulate (or co-regulate) them effectively.



The RED ZONE describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified when in the Red Zone.

When in the Red Zone we might need to pause and assess if we need to regulate and gain a sense of control of our strong feelings and high energy. For example, if we are feeling angry it may help to pause and count to 10 before we act. If we are panicked, we can stop and use our self-talk to help us gain a sense of control of our thoughts in order to meet our goal. If we are elated, such as when a teammate scores the winning point, we might need to pause and take a big breath to regulate our impulse to run out on the field to celebrate if there is still time on the clock.

Possible Body Signs

Heart Beat Fast
Skin Flushed
Hot/Sweating
Muscles Tense

