

Nicola Davies – Executive Headteacher
Samantha Sheridan – Head of School



t: (0115) 9638649
e: office@holgateprimary.org
w: holgateprimary.org

**Holgate Primary
School and Nursery**
High Leys Rd
Hucknall
Nottingham
NG15 6EZ

Dear Parents and Carers,

We would like to introduce you to an important concept that we are implementing at Holgate Primary School to support our children's emotional well-being and self-regulation skills – '*The Zones of Regulation*'. This framework is designed to help children recognise and manage their emotions effectively.

With this in mind, on **Friday 24th November** we will be having a "Zones of Regulation" launch day. On this day children are invited to come into school wearing one of the 4 colours listed below. The children will be participating in a session linked to The Zones of Regulation in their classes.

The Zones of Regulation Framework categorises emotions into four colour-coded zones:

- **The Blue Zone** represents feeling sad, tired, or low-energy.
- **The Green Zone** signifies a calm and focused state, where children are ready to learn.
- **The Yellow Zone** is for when children are experiencing heightened emotions like frustration, anxiety, or excitement.
- **The Red Zone** indicates intense emotions such as anger, panic, or extreme excitement.

Within each zone we will be implementing strategies to help support children in enabling them to regulate their emotions and become 'Ready to go green'. There is no *bad* zone to be in, all emotions are valid and important. How we deal with these emotions is crucial and an ongoing life skill.

Understanding and identifying which zone they are in helps children become more self-aware and empowers them to use appropriate strategies to manage their emotions. Strategies will vary from class to class and will undoubtedly change as we develop this framework.

Here are some ways you can support your child's learning and application of the Zones of Regulation at home:

1. **Open Communication:** Encourage your child to express their feelings and talk about what zone they are in. Create a safe space where they feel comfortable sharing their emotions with you.

2. **Teach Emotional Vocabulary:** Help your child expand their emotional vocabulary by discussing different feelings and their triggers. This can improve their ability to pinpoint their emotions accurately.

3. Model Self-Regulation: Children learn by example. Demonstrate how you manage your own emotions in a healthy way, and they will be more likely to follow suit. Explain how you are feeling and out loud discuss how you are able to regulate yourselves. What strategies are you using?

4. Create a Calming Corner: Designate a quiet space at home where your child can go to calm down when needed. Fill it with soothing items like books, puzzles, or soft cushions.

5. Breathing Exercises: Practice deep breathing exercises together to help your child calm down when they are in the Yellow or Red Zone. Breathing techniques can be incredibly effective in regulating emotions.

6. Emotion Check-Ins: Regularly ask your child how they are feeling and encourage them to use the Zones language. For example, "Are you in the Yellow Zone right now? What can we do to help you get back to the Green Zone?"

7. Reinforce Positive Choices: Celebrate and reinforce when your child successfully self-regulates or uses appropriate strategies to shift from one zone to another.

During the Spring term I will be holding some informal sessions for parents and carers to attend, more information on this will be sent out later this half term.

By working together at home and at school, we can help your child develop essential emotional regulation skills that will benefit them throughout their lives. If you have any questions or need further guidance, please don't hesitate to reach out to us.

I am looking forward to seeing the children express themselves on 24th November.

Miss Baker

SENCO – Special Educational Needs Co Ordinator