



THE ZONES OF REGULATION



Thursday 14th December

Parent information refresher session on the Zones Of Regulation.

Please arrive in the school hall from 8:45am as the session will start at 9.00am and finish at 10.00am.

A Simple Approach to Developing Self-Regulation



Introducing the Four Zones

The Zones of Regulation provides an easy way to think and talk about how we feel on the inside and sorts emotions into four colored Zones, all of which are expected in life.

[Learn more](#)



Blue Zone

Sad • Bored • Tired • Sick



Green Zone

Happy • Focused • Calm • Proud



Yellow Zone

Worried • Frustrated • Silly • Excited



Red Zone

Overjoyed/Elated • Panicked • Angry • Terrified



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