

Supporting Emotional Wellbeing using Zones of Regulation



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PRIMARY SCHOOL



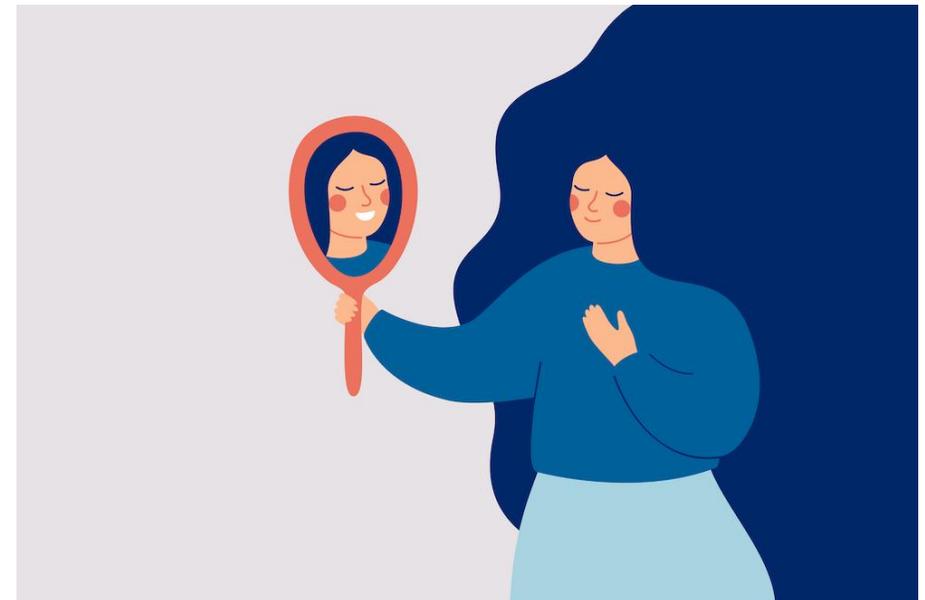
Why is supporting emotional wellbeing important?



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Builds Self-Awareness and Emotional Intelligence:

- Children who learn to identify and name their emotions become more self-aware.
- This awareness helps them understand how their feelings influence their thoughts and actions.
- It lays the foundation for empathy, perspective-taking, and social skills.



Enhances Learning and Classroom Behaviour:

- A child who can manage frustration, excitement, or anxiety is better able to focus and engage in learning.
- Emotional regulation reduces disruptive behaviours and supports positive classroom dynamics.
- It helps children cope with transitions, setbacks, and peer interactions.



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Supports Mental Health and Resilience:

- Children who develop regulation skills are less likely to experience chronic stress, anxiety, or depression.
- They learn coping strategies that help them bounce back from challenges.
- It fosters a sense of control and confidence in navigating their world.



Strengthens Relationships:

- Regulated children are more likely to communicate effectively, resolve conflicts peacefully, and build strong friendships.
- They can express needs and feelings without aggression or withdrawal.
- This leads to better peer relationships and stronger bonds with adults.



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What Is the Zones of Regulation Framework?

- developed by Leah Kuypers
- designed to help children understand and manage their emotions
- Cognitive behaviour approach that teaches self regulation



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The Four Zones Explained



all zones are normal
and not "bad"



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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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“Your child just lost their favourite toy.”

“They’re bouncing off the walls after a birthday party.”

“They’re about to perform in the school play.”

“They’re quietly reading a book they love.”



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How We Use It in School



- Daily check-ins using zone charts
- Visual displays in classrooms
- Staff modelling and language use
- Strategies taught (e.g., breathing, movement breaks, sensory tools)



Blue Zone

- Movement breaks
- Listen to upbeat music
- Draw/colour
- Sensory play
- Positive affirmation cards
- Breathing activities
- Talk with a trusted adult
- Drink of water
- Read a story

Green Zone

- Mindful journalling
- Learning games
- Classroom jobs
- Storytelling
- Goal setting
- Positive discussions
- Brain teaser activities
- Movement

Yellow Zone

- Wall pushes
- Chair push ups
- Bubble blowing
- Guided stories
- Tactile fidget toys
- Grounding activities
- Breathing activities
- Slow movement
- Naming emotions games

Red Zone

- Safe space retreat
- Heavy work activities
- Water play
- Clay/ playdough
- Visual timers
- Emotions drawings
- Breathing activities

Why It Matters

- Helps children build emotional vocabulary
- Encourages self-awareness and empathy
- Supports behaviour and learning
- Builds resilience and independence



How You Can Support at Home

- Use zone language in daily conversations
- Create a calm corner or toolkit
- Share your own emotions and coping strategies
- Praise efforts to self-regulation



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