

## Zones of Regulation at Goodwood Primary

The Zones of Regulation is a framework designed to teach self-regulation and emotional control. It categorises feelings and states of alertness into four coloured zones:

1. **Blue Zone:** Indicates low states of alertness, such as feeling sad, tired, bored, or sick.
2. **Green Zone:** Represents a calm state of alertness. It's optimal for learning and indicates feelings of being happy, focused, or content.
3. **Yellow Zone:** Signifies a heightened state of alertness and emotions but not to the extreme. Feelings could include frustration, anxiety, excitement, or nervousness.
4. **Red Zone:** Depicts extremely heightened states of alertness and intense emotions such as anger, terror, aggression, or elation.

The Zones of Regulation framework is valuable for students because it provides a visual and conceptual way to understand and communicate their feelings and needs. This understanding is crucial for developing coping and regulation strategies to navigate their emotions effectively.

Students are encouraged to “check in” with their state of regulation or zone throughout the day using the check in system agreed on by the class or the individual.

Fidgets come into play as practical tools within this framework for several reasons:

1. **Sensory Integration:** Fidget tools can help students who have sensory processing issues by providing the necessary sensory input to help them stay focused and regulated within the Green Zone.
2. **Stress and Anxiety Reduction:** Fidgeting can be a physical outlet for stress and anxiety, helping students to calm down when they are in the Yellow or Red Zones, making it easier to transition back to the Green Zone.
3. **Improving Focus:** For some students, having something to fidget with can increase their ability to concentrate and process information, especially when learning complex or challenging material.
4. **Emotional Regulation:** Fidget tools can serve as a non-disruptive way for students to manage their emotional state, helping them to self-regulate more effectively. They can be particularly beneficial for students with ADHD, autism, or anxiety disorders.

By providing a tangible method for students to express and manage their emotions, fidgets can play a critical role in the practice of self-regulation, we encourage the use of fidgets as well as individual or whole class movement break regularly throughout the day.

<https://zonesofregulation.com/what-are-the-four-zones-of-regulation/>