



# MINNAMURRA Public School

Dear Parents/carers,

This term, Minnamurra Public School will be implementing a PDH/PE unit of work called The Zones of Regulation. This unit incorporates lessons and activities designed by Leah Kuypers, licensed occupational therapist, to help students gain skills in the area of self-regulation. The goal of the program is to teach children about self-regulation and how to strengthen their self-awareness skills.

Self-regulation can go by many names, such as self-control, self-management, and impulse control. Self-regulation is an essential skill in life, and in all learning environments. Children who can regulate their own emotions and alertness levels are better ready to learn and thrive. The Zones of Regulation will be adopted as an ongoing approach to support student wellbeing at our school.

In the first half of the Term 1 program, children learn about how their emotions and alertness levels are connected, and then how to recognize fluctuating emotions and energy levels in themselves and classmates. They learn that they move through their Zones throughout the day, and that they can improve their control over their Zones through practice.

Zones of Regulation groups all the ways that children feel and act into four 'Zones'.

**Blue Zone**—when your body is running slowly, such as when you are tired, sick, sad or bored.

**Green Zone**—are ready "good to go." You feel happy, calm and focused.

**Yellow Zone**—when you feel your engine running high, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.

**Red Zone**—is when you have lost control. You have extreme feelings such as anger, aggression, or elation.

In the second half of the program, Zones of Regulation teaches about tools for managing and changing one's Zones and encourages each child to build a repertoire of tools. The goal of the program is for children to gradually become more aware of which tools are helpful for them and are supported by others to co-regulate when needed.

If you use the Zones of Regulation vocabulary at home, please use neutral language. For example, instead of "You need to get back to the Green Zone" we might say "I notice that you are looking a bit wiggly. I wonder if a tool might help you to focus on \_\_\_\_\_ right now?" It is very important to know that none of the Zones are "bad." **All of the Zones are expected at one time or another.** As the curriculum progresses, children will practice identifying what Zone is expected, and how to change Zones to better match their levels of alertness to the situation.

Please refer to our school website for further information.

We look forward to supporting your child in their social-emotional learning.

Minnamurra Public School teaching staff