



The Oaks
Primary School and Nursery

Understanding Zones of Regulation

A Parent's Guide

What are the Zones of Regulation?

The Zones of Regulation is a framework that helps children understand and manage their emotions. It uses four color-coded zones to represent different feelings and states of alertness:



Blue Zone (Low Energy)

Sad, tired, sick,
bored



Green Zone (Ideal State)

Calm, happy,
focused, ready to
learn



Yellow Zone (Heightened Emotions – But Still in Control)

Frustrated, worried, silly,
excited



Red Zone (Extreme Emotions)

Angry, out of control,
overwhelmed

Why do we use them?



Helps children recognise
their feelings and body
signals



Teaches self-regulation
strategies for managing
emotions



Encourages problem-solving
and independence



Builds emotional
vocabulary and resilience





When to use them:

Before School

Check in to see how they feel.

After School

Reflect on the day.

During Big Emotions

Use zones to identify feelings and choose calming strategies.

Transitions

Moving from play to homework or bedtime.

Toolbox of Strategies:



Blue Zone (Low Energy)

Drink water,
cuddle, listen to
music



Green Zone (Ideal State)

Praise and
encourage



Yellow Zone (Heightened Emotions – But Still in Control)

Deep breaths, squeeze a
stress ball, take a break



Red Zone (Extreme Emotions)

Safe space, calm-down
corner, breathing
exercises

Ideas for Home



Create a Zones Chart

Display the four zones with pictures of feelings.



Model It

Share your own zone and what you do to regulate.



Daily Check-In

Ask, "What zone are you in?" and "What can help you get to green?"



Use Books or Stories

Talk about characters' zones.



Tips for Success



Stay Positive

Zones are not about punishment—they're about understanding.



Practice Daily

The more you use it, the easier it becomes.



Celebrate progress

Praise your child for recognising and managing feelings.