



# Saint Mary's Catholic Voluntary Academy

Executive Headteacher – Mrs B Quirke  
Head of School - Mrs S Rudd

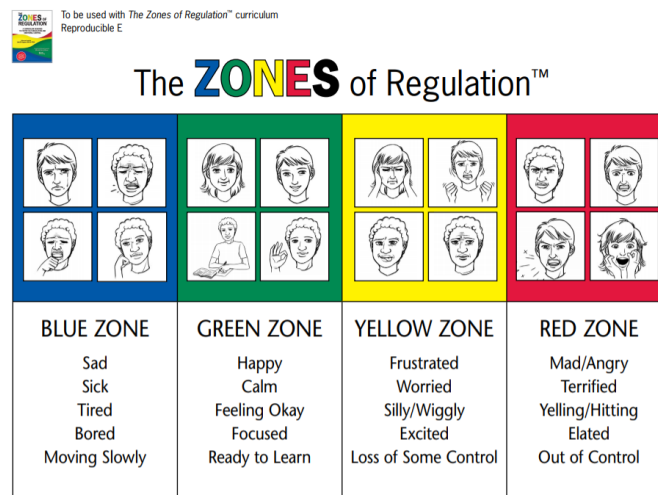
15<sup>th</sup> September 2023

Dear Parents and Carers,

I hope this letter finds you well. I would like to introduce you to an important concept that we are implementing at Saint Mary's to support your child's emotional well-being and self-regulation skills – the *Zones of Regulation*. This framework is designed to help children recognise and manage their emotions effectively.

## The Zones of Regulation categorize emotions into four color-coded zones:

1. The Blue Zone represents feeling sad, tired, or low-energy.
2. The Green Zone signifies a calm and focused state, where children are ready to learn.
3. The Yellow Zone is for when children are experiencing heightened emotions like frustration, anxiety, or excitement.
4. The Red Zone indicates intense emotions such as anger, panic, or extreme excitement.



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From The Zones of Regulation™ by Leah M. Kuypers • Available at [www.socialthinking.com](http://www.socialthinking.com)

Understanding and identifying which zone they are in helps children become more self-aware and empowers them to use appropriate strategies to manage their emotions.

Here are some ways you can support your child's learning and application of the Zones of Regulation at home:

1. **Open Communication:** Encourage your child to express their feelings and talk about what zone they are in. Create a safe space where they feel comfortable sharing their emotions with you.
2. **Teach Emotional Vocabulary:** Help your child expand their emotional vocabulary by discussing different feelings and their triggers. This can improve their ability to pinpoint their emotions accurately.



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3. Model Self-Regulation: Children learn by example. Demonstrate how you manage your own emotions in a healthy way, and they will be more likely to follow suit.

4. Create a Calming Corner: Designate a quiet space at home where your child can go to calm down when needed. Fill it with soothing items like books, puzzles, or soft cushions.

5. Breathing Exercises: Practice deep breathing exercises together to help your child calm down when they are in the Yellow or Red Zone. Breathing techniques can be incredibly effective in regulating emotions.

6. Emotion Check-Ins: Regularly ask your child how they are feeling and encourage them to use the Zones language. For example, "Are you in the Yellow Zone right now? What can we do to help you get back to the Green Zone?"

7. Reinforce Positive Choices: Celebrate and reinforce when your child successfully self-regulates or uses appropriate strategies to shift from one zone to another.

By working together at home and at school, we can help your child develop essential emotional regulation skills that will benefit them throughout their lives. If you have any questions or need further guidance, please don't hesitate to reach out to us.

Thank you for your partnership in fostering your child's emotional well-being.

Yours faithfully,

Mrs Barry  
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