



## The Zones of Regulation

At Wildmoor Heath, we recognise that feelings are **complicated**. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. The ability to regulate is essential – it gives us the ability to **focus** our attention, **control** our emotions and **manage** our thinking, behaviour and feelings. We are adopting the **Zones of Regulation** approach, created by Leah Kuypers, to support the children to understand how their bodies and brains feel, while also teaching the strategies to cope with the varying emotions we all feel during the day.

The **Zones of Regulation** organises our feelings and energy levels into four coloured Zones (Blue, Green, Yellow and Red). We are also allowing a purple zone for times when children do not wish to share but we hope to encourage them to feel safe and secure to talk about, think about and regulate their emotions and feelings.

An assembly introducing the **Zones of Regulation** took place on Thursday 7<sup>th</sup> September, which you can now view on our [website](#). We encourage you to view this and, if you wish, implement this approach at home!



What we **THINK** is  
how we...

...**FEEL!** How we  
**FEEL** will...

...determine the  
**CHOICES WE MAKE!**