

Kingsway Infant School

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The ZONES of Regulation®

Dear Parents,

You may have heard your child talk about the Zones of Regulation and I wanted to take the opportunity to give you a little more information about this, how we teach it in school and ways in which you can use it alongside your child at home.

Our Zones of Regulation work sits alongside other areas of our broader curriculum which includes teaching about Mindfulness. We believe these approaches support and improve our children's wellbeing, resilience, self-esteem and independence.

Self-regulation for adults and children is about acknowledging how we feel and consciously taking steps to move to a more appropriate emotion or state of alertness depending on the context. None of the zones are 'bad' and should not be met with judgement. It is about acknowledging and understanding how we feel so that we can consciously apply a strategy and move to a feeling which is more appropriate. As adults, we are often much better at recognising when we are feeling 'out of sorts', not in the right mood/frame of mind or have lost our temper/over-reacted to a situation. Through experience, we have learned a number of strategies to change our mood, energy levels or to help us feel calmer. Certainly in the last year, we have had to draw on a number of tools to help us feel more regulated with such dramatic changes to all our lives.

As the children join us in Early Years and move through Key Stage 1, we would expect an adult to heavily support their emotional regulation by verbalising how they might be feeling and suggesting steps they could take to feel like they are more in control of their words, actions and feelings.

As often quoted in Zones literature, *'Life is 10% what happens to us and 90% how we react to it.'*

The Zones of Regulation framework is written by Leah Kuypers and was developed following her work in schools. We use the principles of it daily in class with the children and have taught the Zones curriculum more intensely with some of our children with additional needs with great success.

As our vision for all our children is to prepare them for a rapidly changing world, self-regulation is key to their success in facing challenges as they leave us and enter the next phase of their lives. Research shows that a better regulated primary aged child will likely create a well regulated teen.

I have attached a parent's guide to Zones of Regulation, which is also available on our website.

If you would like further information or would like to discuss how you could use the process more specifically with your child, please feel free to contact me.

Yours Sincerely,

Debbie Knights
Headteacher