

Zones of Regulation

Examples of Strategies/tools for moving to 'green zone'

The following list includes some of the strategies which the children will be able to use in school. There will be other strategies which will be appropriate for your child to use at home; it would be useful to encourage your child to think of & discuss strategies which they think they could use at home, to help them move to the green zone. At home these may include playing outside/running around the garden, doing various sports/exercises, playing with certain toys etc. In school, examples of strategies are as follows:

- drink water
- count to 10
- take deep breaths
- 'tense & release' (Sensorcise)
- chair pushes
- squash a beanbag/ hug a teddy
- talk to an adult
- 'self -talk' (positively motivating yourself) (explained with examples on a poster)
- 'think happy thoughts'
- go to safe/quiet place

Below is a list of examples of strategies the children can try out at break times. Again, there will be lots of ideas your children will have for when they are outside at home.

- run around
- wall pushes
- hopscotch
- use playground equipment & markings
- bounce a ball
- talk to an adult
- skip
- use quiet spot at lunchtime

The following appears on the green zone poster, explaining what it feels like to be in the green zone

Looks like; calm body, focused, listening body , good effort, trying my best

Sound like: quiet listening, kind words, indoor voices, other people working

Feels like: I'm doing my best, good thoughts, ready to learn, happy heart, full bucket