

Inclusion Matters

What a time we are living through! I do hope that the Dojo messages and website have been supportive over the lock down period alongside the support and differentiated work provided by the class teachers.

We are very aware how tricky the time has been and therefore planned to introduce:

THE ZONES OF REGULATION®

‘The Zones’ for short, as children returned to school.

This is a programme to support children in understanding their emotions and feelings and develop and use tools to help them manage feelings successfully.

Some of the **Key Messages** are:

- There are no good and bad zones as we cannot help how we feel, all feelings are okay.
- It is important however to behave in expected ways and to try and avoid behaving in unexpected ways, this helps us have good relationships with others and helps us do well at school.
- We need to practice and use tools to help us regulate our emotions so that even when we do not feel okay, we behave in expected ways.

The children have a ‘check in chart’ that they are using in school throughout the day and over the term they will become very familiar with the Zones (attached) – you could adapt it for use at home too!

We would also like you to understand the programme better and we will be planning an opportunity to share it with you, so watch this space!

As always, do contact me if you need any help or support by email: jdonley@southhill.herts.sch.uk or make a telephone appointment with the school office.

Best wishes

Jacqui Donley
(Inclusion Manager)

's Zones Chart

Which Zone am I in?

I might feel:

I could help myself by:

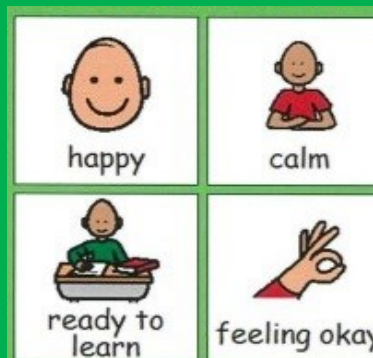
Blue Zone

I am going
slow



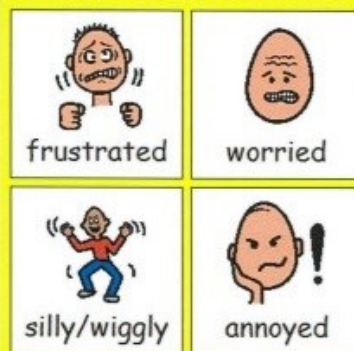
Green Zone

I am good to
go!



Yellow Zone

I need to be
careful



Red Zone

I need to
STOP!

