



MERSHAM PRIMARY SCHOOL

A CARE FOUNDATION TRUST SCHOOL

At Mersham Primary School, we are committed to supporting every child's emotional development as part of their learning journey with us and beyond.

We use the **Zones of Regulation**, a research-based framework designed to help children recognise, understand, and manage their emotions and behaviour. The Zones of Regulation that helps our children:

- Recognise their feelings
- Build strategies to manage emotions
- Improve focus and learning
- Develop problem-solving and self-control skills

The Four Zones

Blue Zone

Feeling tired, sad, sick, bored or low energy

Green Zone

Feeling calm, focused, happy, ready to learn

Yellow Zone

Feeling worried, silly, excited, frustrated or fidgety

Red Zone

Feeling angry, out of control, overwhelmed or very upset

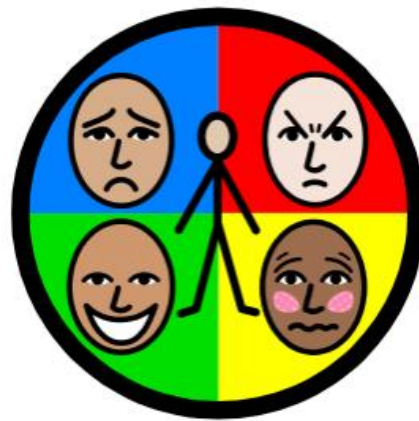
Why do we use Zones of Regulation @ Mersham?

Learning to recognise and regulate emotions helps children:

- ✓ Feel more in control of their behaviour
- ✓ Develop empathy and understanding for others
- ✓ Build positive relationships
- ✓ Achieve better learning outcomes

What can children expect to see around school?

- All staff will have a "Zones of Regulation" card that is carried on their lanyard to support children when talking about what "Zone" they are in.
- Zones of Regulation symbols in classes and displays around school to remind them that all Zones are ok!
- Daily "check-ins" with staff who will ask them what Zone they are in. Our Toucan & Falcon class children will be encouraged to label their emotions.
- Practising strategies to support them when they are in the different Zones



What you can do to support your child at home

- ✓ Talk with your child about what "zone" they're in
- ✓ Use colours to name emotions together
- ✓ Practise calming or focusing strategies (deep breathing, taking a break)
- ✓ Praise your child for recognising and managing their feelings.

Zones of Regulation – possible strategies

Blue Zone – Low Energy / Sad Goal: Increase alertness and energy, or provide comfort if sad. Strategies: • Gentle movement breaks (stretching, walking, jumping jacks) • Upbeat music or dancing • A drink of water or a healthy snack • Talking about feelings with a trusted adult • Fun, engaging activity to re-energise	Red Zone – Angry / Out of Control Goal: Ensure safety first, then calm down before problem-solving. Strategies: • Time and space to cool down (safe, quiet area) • Deep breathing or grounding techniques (5-4-3-2-1 senses exercise) • Use of the Maple Room • Physical release (jumping, running, tearing scrap paper) in a safe way • Talking with a trusted adult once calm • Reflection: What happened? What might help next time?
Green Zone – Calm / Ready to Learn Goal: Maintain focus and a positive state. Strategies: • Praise and encouragement for staying focused • Opportunities for learning and play • Mindfulness activities (deep breathing, listening to calming sounds) • Setting achievable goals and celebrating successes • Regular routines and structure	Yellow Zone – Excited / Frustrated / Silly Goal: Slow down, regain control before reaching Red Zone. Strategies: • Deep breathing (e.g., “smell the flower, blow the candle”) • Counting to ten or using a calm-down timer • Squeezing a stress ball or using fidget tools • Drawing, doodling, or journaling feelings • Quiet corner or break to reset • Problem-solving with an adult (“What can we do next time?”)

Important:

Remind children that *all zones are normal* — we all experience them. The key is learning which strategies help us return to the Green Zone when needed.