



Bletchingley Village  
Primary School

### **Why Teach Emotional Literacy?**

At Bletchingley Village Primary School, we understand that all behaviour is a form of communication. If a child is displaying unwanted or inappropriate behaviour, our primary response is to question, **why?**

Our behaviours are a result of our emotions. If you feel **tired**, you may be more **impatient** than usual. If you feel **embarrassed**, you may respond in a more **irritable** manner. If you feel **bored**, you may be **restless**. This continues all the way through our lives, and so, we need to equip children with self-understanding, to help them remain in control.

### **What is Self-Regulation?**

Self-regulation involves a person's ability to regulate their emotions, thoughts and behaviour to enable them to act in positive ways toward a goal. In order to learn, children need to be regulated.

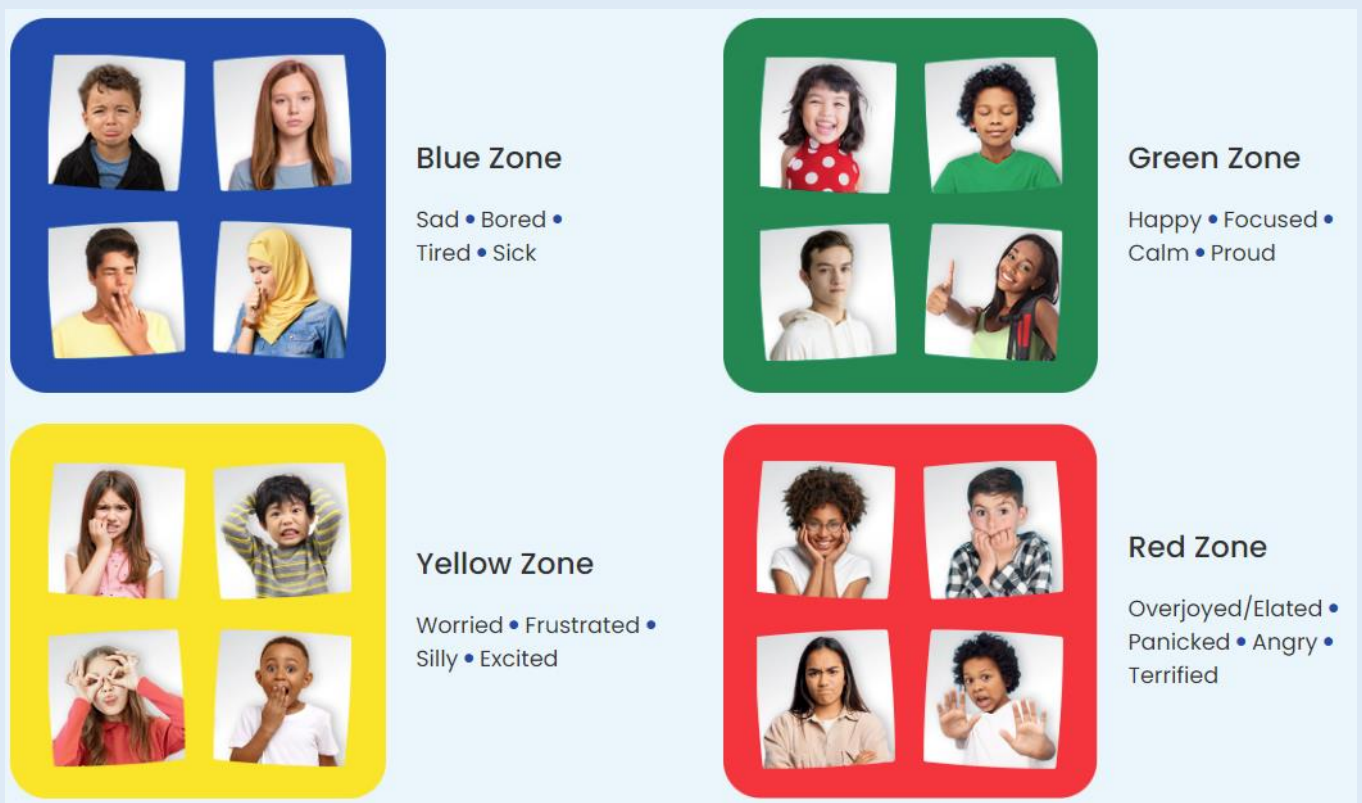
### **Why Teach Self-Regulation?**

Regulation is something most people strive to consistently achieve, though they may not be aware of it. Sometimes, we encounter challenging

circumstances that can test our limits. If we can recognise when we are becoming dysregulated, as adults we are able to do something about it to manage our feelings and get ourselves to a healthy place. This recognition is the goal of The Zones of Regulation.

## Zones of Regulation

The Zones of Regulation provide an easy way to think and talk about how we feel on the inside, and helps to sort emotions into four coloured Zones, all of which are expected in life.



The graphic displays four colored zones, each with a 2x2 grid of photos of children and a list of associated emotions:

- Blue Zone:** Sad • Bored • Tired • Sick
- Green Zone:** Happy • Focused • Calm • Proud
- Yellow Zone:** Worried • Frustrated • Silly • Excited
- Red Zone:** Overjoyed/Elated • Panicked • Angry • Terrified

## The Four Zones

One of the most important things to remember is that **all emotions are healthy**. For example, many children are struggling with anxiety post-pandemic. Feeling anxious is a **perfectly natural reaction** to some situations. Indeed, anxiety can help us to focus or take extra care when needed. However, if this gets too much or goes on for a while, it can affect our daily life. This is the point where regulation and self-awareness come into play.

### The Four Zones and the possible Body Signals





[\\*The Zones of Regulation | A Curriculum For Emotional Regulation](#)

## The Four Zones – Strategies

Once children can identify their zone, they are encouraged to be able to identify an appropriate strategy to support their being in or getting to the green zone. This is not an exhaustive list, and preferred strategies will be individual to each child.

Green Zone	Blue Zone	Yellow Zone	Red Zone
<ul style="list-style-type: none"> <li>• Think happy thoughts!</li> <li>• Finish my work</li> <li>• Help others</li> <li>• Share ideas</li> </ul>	<ul style="list-style-type: none"> <li>• Take a movement break</li> <li>• Ask for help</li> </ul>	<ul style="list-style-type: none"> <li>• Take deep breaths</li> <li>• Talk to someone</li> </ul>	<ul style="list-style-type: none"> <li>• Tense and release your muscles</li> </ul>

- Work towards my goals

- Talk to someone
- Jump up and down 5x
- Get some fresh air
- Do a hobby you enjoy
- Mindfulness

- Go for a short walk
- Count to 10
- Get or give a hug
- Get some fresh air
- Do a hobby you enjoy
- Mindfulness

- Think of a peaceful place
- Walk away
- Take a time out
- Run a lap
- Squeeze a stress ball
- Drink some water