



# Welcome to our SEN Information Afternoon

Today's focus will be:

Introduction

Zones of Regulation

# Welcome to the first of our SEN Information sessions.

The aim of these sessions is to:

- open the dialogue around SEN and the provision available,
- share good practice,
- inform you further of any particular strategies we are using such as the Zones of Regulation.

# Mrs Ing

I started teaching Primary in 2013 and have been a SENDCo since 2017, qualifying in 2018.

I have experience of working with a variety of different needs and with outside professionals.

I am also Co-SENDCO at Haddenham Junior School.



# What are the Zones of Regulation?

The Zones of Regulation

framework (Kuypers, 2011) teaches students skills to begin

developing an inner self-awareness

of their feelings/internal state, as well as teaching tools and strategies to help

develop:

- regulation
- social skills
- Self-care
- overall wellness



Some of these strategies include:

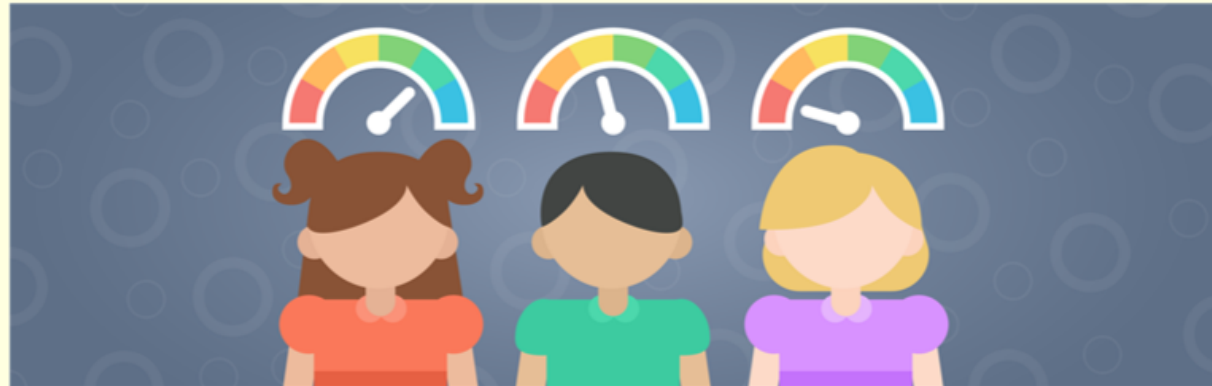
- mindfulness
- sensory integration
- movement
- thinking strategies

# What is Self-Regulation?

It is the ability to adjust your own level of alertness and direct how your emotions are revealed behaviorally in order to achieve your goals.

This encompasses:

- Self-control
- Resilience
- Self-management
- Anger Management
- Impulse Control
- Sensory regulation



# Why teach the Zones?

We need to teach our children good coping and regulation skills so they can help themselves when they are feeling anxious, sad, stressed or overwhelmed.

Teaching these skills early on, typically help provide them with a bank of strategies to use as they grow in to teenagers and adults.



# The Zones are broken in to 4 Zones.

Our feelings and state determine our Zone.



The 4 Zones are the Blue, Green, Yellow and Red Zone.

There are no good or bad zones.

# The Blue Zone



We are expected to be in the Blue Zone just before bed time or when we are watching TV. We tend to be running slow at these times, we might be feeling Sad or Tired.

This is an unexpected Zone for learning.

Some of the feelings you might have when in the Blue Zone are:



Sad



Bored



Hurt



Lonely



Sleepy





# The Green Zone

This is when our bodies and brains are relaxed and focused.

This is the expected learning Zone.



Focused



Calm



Happy



Ready to learn.



# The Yellow Zone

During play time, lunch time and even at the end of the day, it's expected for us to be in the Yellow Zone.



Excited



Frustrated



Worried



Losing control



Fizzy

# The Red Zone

When we are at school, the red zone is never expected (but it does happen!)

We must use tools to regulate ourselves to keep ourselves and others safe when we are in the red zone.



Angry



Aggressive



Out of Control



# Take a moment...

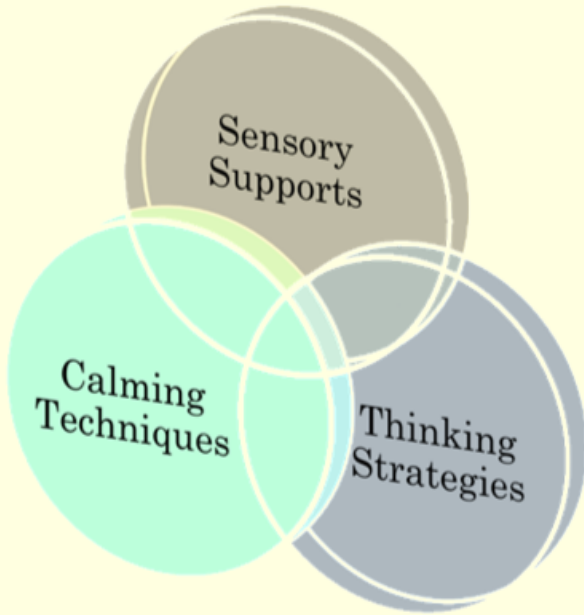
Think about your child.

What zone are they usually in?

What do you do to help regulate them?

# What's in our Toolbox?

Our Toolbox is a list of strategies and resources we can use to regulate ourselves.



These can range from taking a mindfulness moment to using a body sock or weight blanket depending on zone and regulation.

Some of the strategies we practice in school:

- breathing techniques,
- theraputty,
- fidget toys such a stretchy tubes, stress balls,
- liquid timers,
- going for a walk,
- heavy work task (lifting, pushing or pulling objects such as a box of books).

As adults, we have many strategies that we use automatically throughout the day. Teaching this awareness and development of strategies now will help them to develop strategies as they get older.

Thank you for coming.

Any questions?

