Key stage 2 Whole School Activity

Zones of Regulation

Dear Parents and Carers

Please find enclosed an activity pack for you to use at home with your child. There is no deadline for these activities. The activities are based around the zones of regulation which is a whole school model used to encourage children to talk about their feelings with peers and adults. They are encouraged to identify which zone they belong in and think of ways to help them regulate their emotions and return back to the green zone which is the go area we would like all children to be in most of time in order to gain maximum learning.

Key stage 2 pack includes:

* Zones poster with explanation of its use
* Strategies poster
* Pictures of various scenarios

For this activity, discuss what is happening with your child and how they would feel in that situation. What zone would they be in? What strategies can they use to resolve the issue and make things better?