Emotional regulation

19.11.2025



What is Emotional Regulation?



Emotionally <u>Regulated</u> *means we are calm & ready to learn & engage socially with others*

Emotionally <u>Dysregulated</u>
means we are experiencing either high or low arousal levels. This leads to difficulties in organisation, social engagement & attention and communication



Behaviour as communication

What your child feels may not be what they show you.

At Shoreditch Park we use the Zones of Regulation as a tool to support children to develop their emotional regulation toolkit.



Zones of Regulation

- Written by an Occupational Therapist
- Allows us to provide children with the language they need to describe how they are feeling
- Helps us to support children to implement appropriate strategies so they are emotionally regulated and ready to learn

Four zones:

Blue, Green, Yellow, Red



Blue zone

Low states of alertness such as feeling sad, tired, sick or bored.

The body and/or brain is moving slowly or sluggishly.

Children need to alert or rest.



Green Zone

- “Regulated state of alertness. A person may be described as calm, happy, focussed or content”
- “This is the zone children generally need to be in for schoolwork and for being social”
- Children are good to go



Yellow Zone

- “Heightened state of alertness; however, a person has some control when in the yellow zone.”
- “Stress, frustration, anxiety, excitement, silliness, nervousness, confusion”.
- “Starting to lose some control”
- Caution! SLOW



Red Zone

- “Extremely heightened states of alertness or very intense feelings…anger, rage, explosive behaviour, panic, terror or elation.”
- It’s when somebody is “not in control” of their body.
- STOP



Zones

None of the zones are ‘bad or naughty’

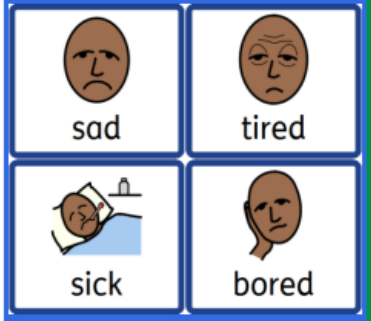
The resource aims to teach the children how to independently manage their own regulation

How to use:

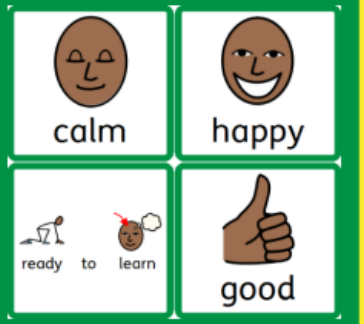
- Children are encouraged to talk about how they feel
- Adults label how students feel e.g. “you feel worried, you are in the yellow zone”
- Children are supported to select an appropriate strategy based on which zone they are in.
- Children use the resource to reflect on how they felt about an event.
- Teaches children to work out what zone their emotion is in, therefor helping them choose an appropriate strategy to help them feel better.

Check in

Blue Zone



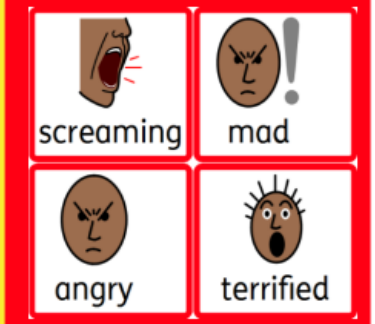
Green Zone



Yellow Zone

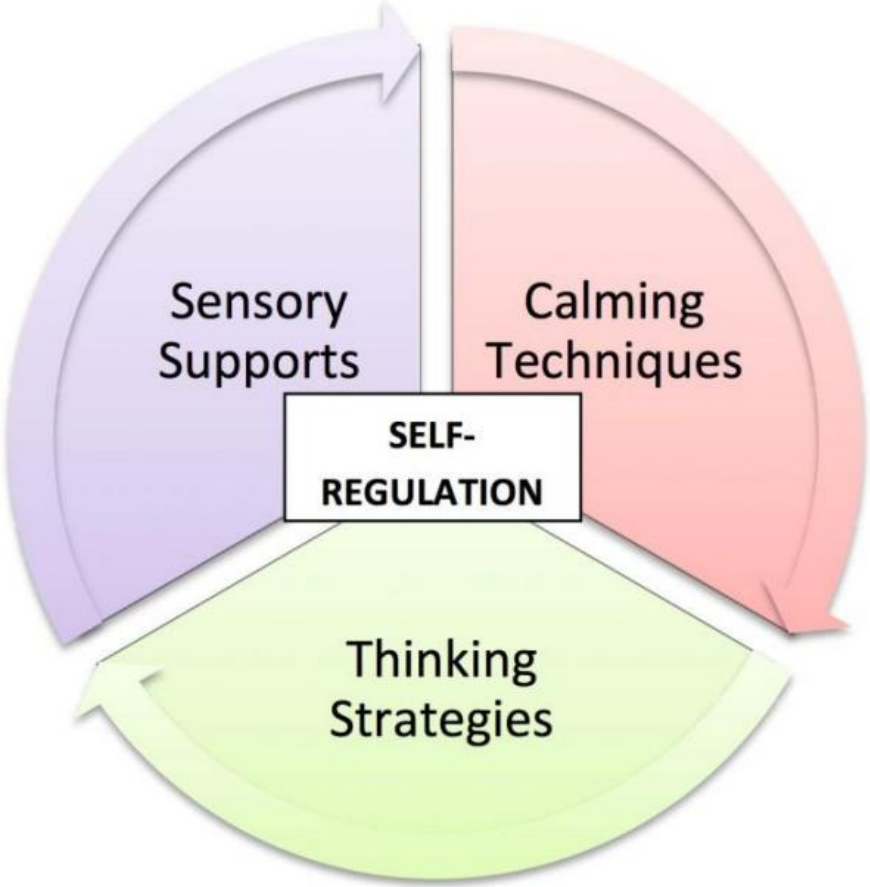


Red Zone



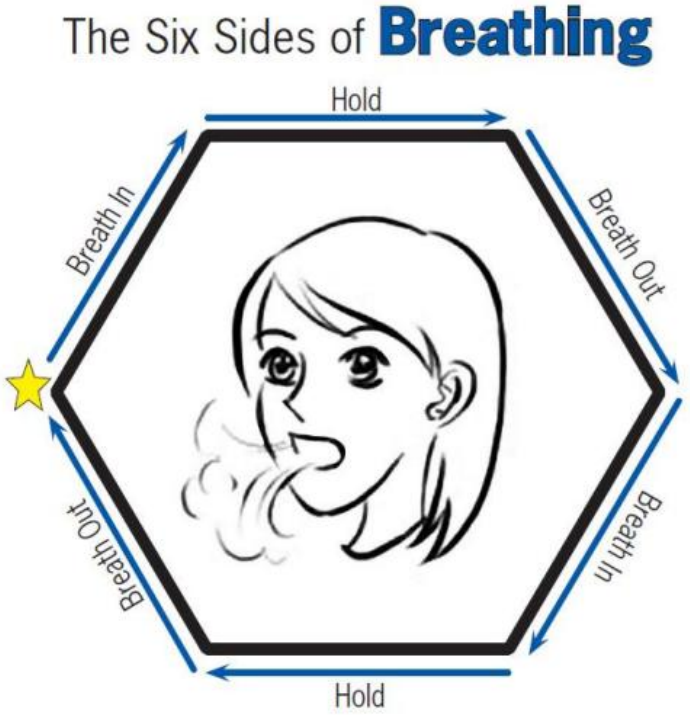
Exploring regulation tools





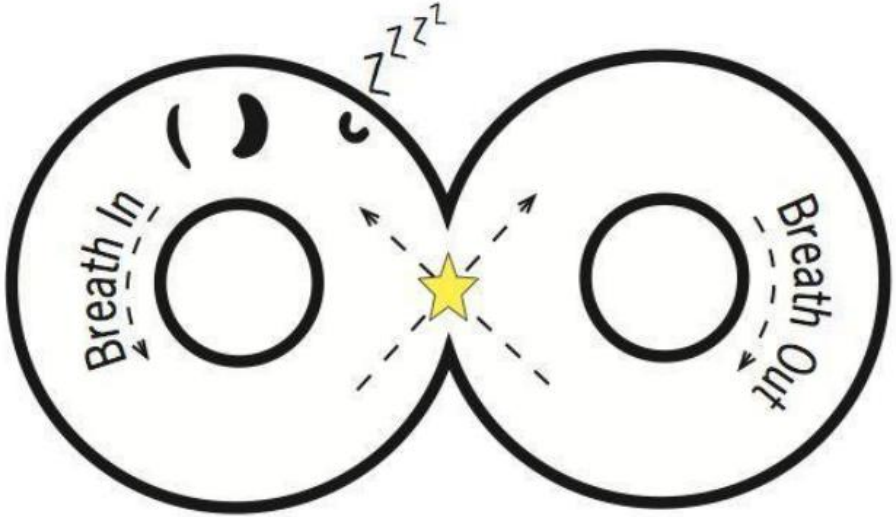
Calming Techniques

- **6 sides of breathing**
- **Lazy 8 breathing**
- **Calming sequence**
- **Count to Ten**



Lazy Eight Breathing

Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

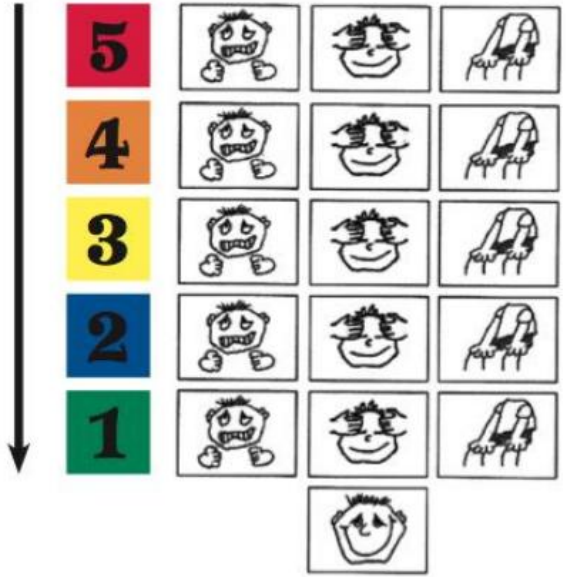
Continue breathing around the Lazy 8 until you have a calm body and mind.

Calming Techniques

My **Calming** Sequence Visual

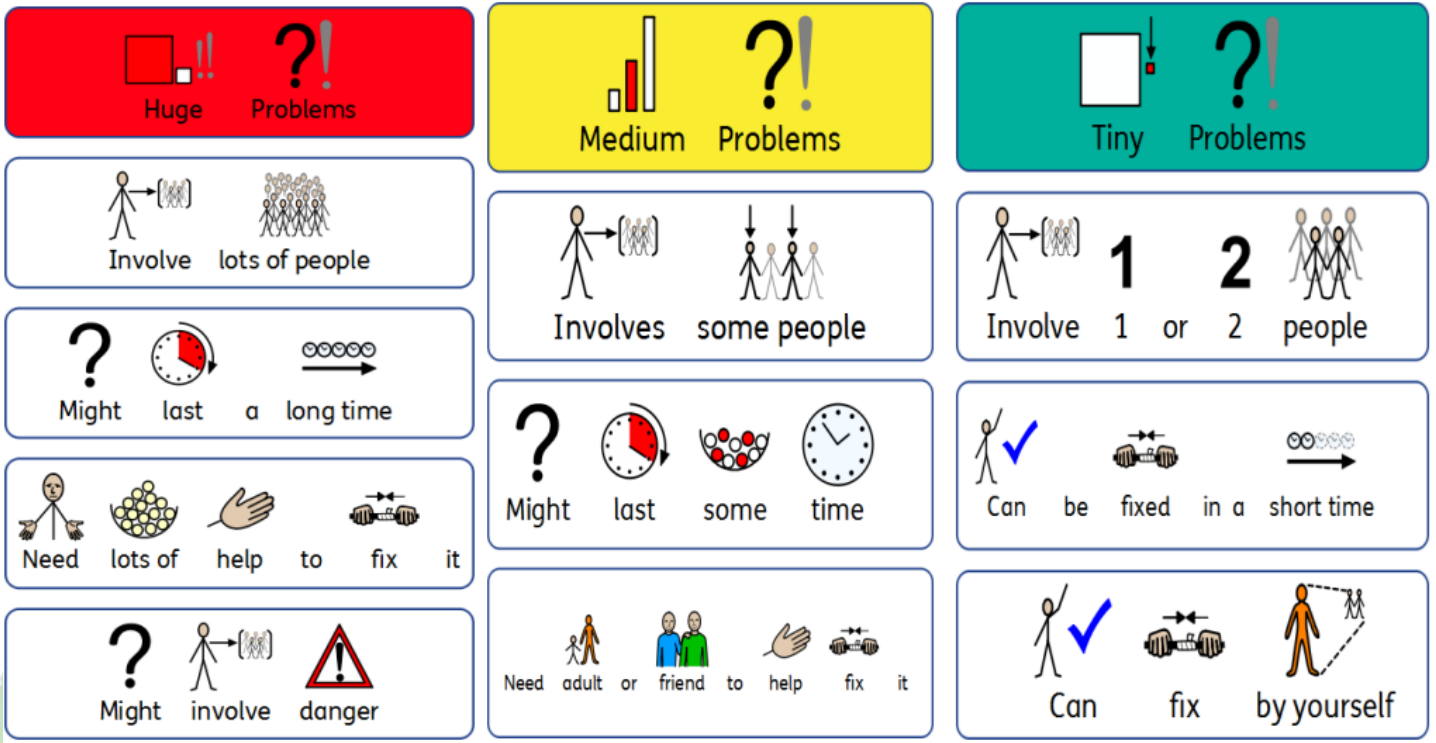
Activity: Try this calming sequence. Does it feel good and calming? How can you change it so that it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.



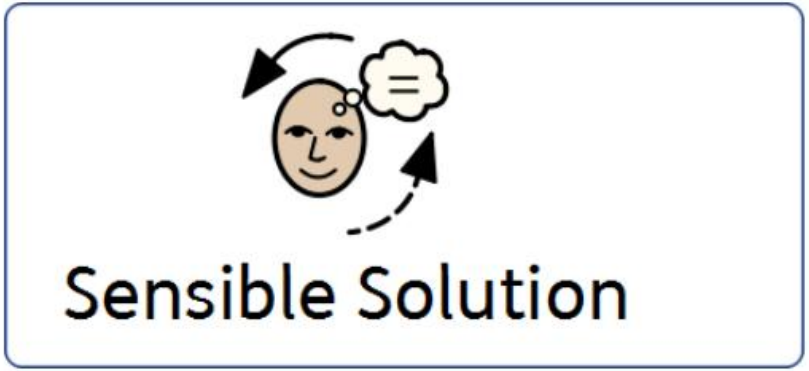
1, 2, 3 , 4 ,5,
6 7, 8, 9, 10

Size of the problem



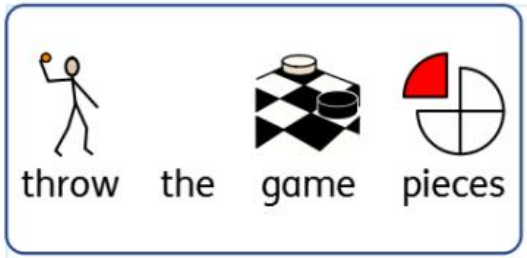

We can think about the size of the problem to

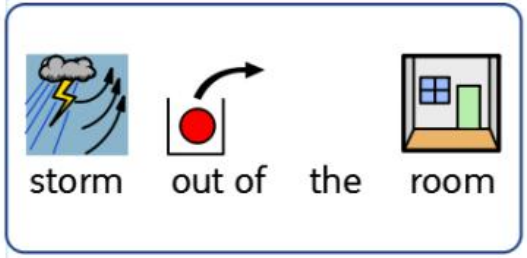

help us find a sensible solution.

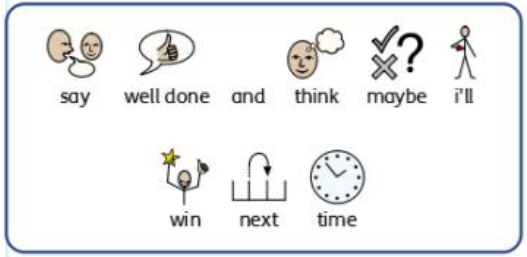

Sensible Solution

What kind of reaction?









Inner Coach


You can do it!


A coach is a person who helps somebody.


We can be an 'inner coach' for ourselves.

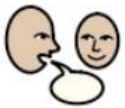
Inner Coach





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Being an 'inner coach' means



we can tell



ourselves good ideas

+



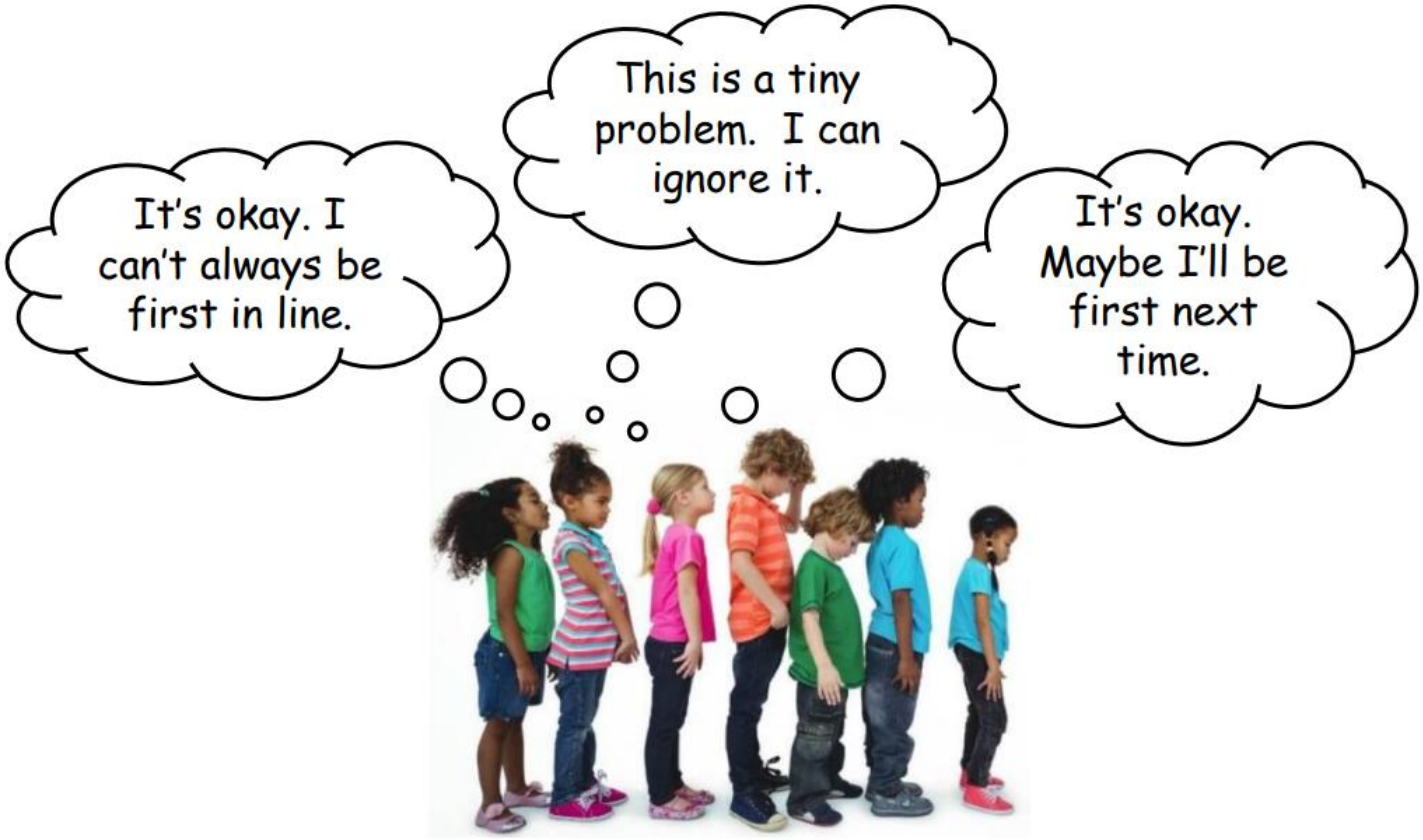
and good



thoughts.

What could the 'inner coach' say?

Not being first in line



What tool should I use?



speak to an adult

walk

play music

have a break

ask for help

inner coach

lazy eight

1 2 3 count to 10

wall push ups

tell someone

theraputty

use fidgets

sequence

chair push

drink water

Mental health support at Shoreditch Park Primary

Shoreditch Park Primary

External/ commissioned services

Place2Be

CAMHS





The Inclusion Team consider presenting pupil needs and possible referrals during weekly Pupil Welfare meetings.

Claire Deegan is our qualified Senior Mental Health



Natasha Mattos is our School Counsellor. Natasha works with pupils who need longer-term support around anxiety or emotional wellbeing.



Gabi Vianna is our Mental Health Practitioner. She runs Place2Talk sessions, which are open to all, and delivers medium term 1:1 counselling interventions.



Naddy Chavdarova runs PIPT training for parents/ carers who are looking for specialist support in how to develop their parenting skills.



Dr. Zoe Tweedale is our WAMHS Link Professional. She supports staff to think about pupil mental health needs.

Selin Degmenlibey is our Educational Mental Health Practitioner. She works directly with parents and pupils.

Speech and Language Therapy

Our Speech and Language Therapists support us to set up interventions relating to emotional regulation such as the Zones of Regulation and Transporters.



Questions

