



March 2022

Zones of Regulation

Dear Parents / Carers,

At St Mary's, we recognise the importance of promoting positive mental health and supporting the emotional wellbeing of our children and families. We aim to create an open culture around the discussion of mental health and wellbeing through the implementation of the Zones of Regulation curriculum. We teach our children to identify emotions in themselves, and others, and provide them with strategies to help regulate their emotions and improve their wellbeing.

The Zones of Regulation is a curriculum designed to foster self-regulation and emotional control created by Occupational Therapist Leah M. Kuypers. It uses four colours (blue, green, yellow and red) to categorise feelings. We are using the Zones of Regulation as a whole school approach which allows us to develop a common language across the school in which to discuss emotions and behaviours. Teachers share the content of the curriculum flexibly with their classes in line with their age and in response to the needs of the class.

The below video explains in detail how we are using the zones within school to support all children. Further information, including how to use the zones at home and resources, can be found on the school website under parents and Zones of Regulation.

[The Zones of Regulation - St Mary's C of E Byfleet Video](#)

If you have any further questions, or would like support in implementing the Zones of Regulation at home, please contact the school asking for your child's class teacher.

Thank you for your continued support.

Miss O'Brien
Zones of Regulation Lead