

# Zones of Regulation

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. It aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. At Hillbourne, every class has a visual like the example below to help the children recognise which zone they are in.



Every class has a box of resources and prompt cards which the children are taught to use as a 'self-regulation' toolkit to help them get to the green zone so they are ready to learn.

You can support your child by reading the parent guide to The Zones of Regulation. If you would like to use the Zones at home, this is a link to a visual you can download: [At-Home-Check-In-2022-BW.pdf](#) ([zonesofregulation.com](https://zonesofregulation.com)) and this is a link to a video explaining what to do: [YouTube](#).