

3 May 2024

Re: Zones of Regulation

Dear Families

At Caritas College our students will be learning about The Zones of Regulation, a social thinking and social skills curriculum. The Zones help students become more aware of and in-control of their emotions and impulses. Using a cognitive behaviour approach, the curriculum’s learning activities are designed to help students recognise when they are in different states called ‘zones’, with each of the four zones represented by a different colour.

In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports, so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills:

- How to read other’s facial expressions.
- How to recognise a broader range of emotions.
- Perspectives about how others see and react to their behaviour.
- Insight into events that trigger their less regulated states.
- When and how to use tools and problem-solving skills.

What are the zones?

To aid in the age appropriate and consistent implementation of the four zones, the R-6 cohort have prescribed emotions that they will focus on for the unit. Year 7 and older will work with teachers to sequence their emotional literacy skills.

Reception -> Year 3



Year 4 -> Year 6



How can you use the Zones of Regulation with your young person?

Students will receive guidance in identifying the emotions that go with each zone, expected and unexpected behaviour, and tools and strategies.

1. Practice with them identifying the emotions that go with each zone.
2. Practice with them identifying expected and unexpected behaviours.
3. Practice utilising tools and strategies (it is best to practice tools and strategies when the young person is calm, so they will be comfortable to use them when they are not in the green zone).
4. When you see them in the blue, yellow or red zones, prompt them to identify what zones they are in and to identify a tool or strategy they can use to move to a more desired zone.

Expected and Unexpected Behaviours

Expected behaviours are the behaviours that give people around you good or comfortable thoughts about you. Classroom rules are the expected behaviours in the classroom and are taught consistently. (Examples of expected behaviours: we are responsible, respectful, and safe, we look after our environment, we look after our own and other's property etc.)

Unexpected behaviours are the behaviours that give people uncomfortable thoughts about you. The unexpected behaviours for the classroom are not always taught to students. It is important to teach students about how unexpected behaviours can affect their learning, as well as the learning of others. (Examples of unexpected behaviours: hitting, interjecting, not completing learning, etc.)

Resources

If you would like to learn more about the curriculum and ways to implement at home to the Zones of Regulation website. There is a 'Zone Your Home' training available online - <https://zonesofregulation.com/training/zoneyourhome/> as well as other resources that might aid in your understanding and use of Zones.

We will be sharing various resources through our newsletter.

Yours sincerely



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