

## INTRODUCING THE ZONES OF REGULATION

At PPIP, we're committed to helping children develop the essential life skills of self-regulation and emotional control. That's why we're excited to introduce *The Zones of Regulation*, a comprehensive social-emotional learning curriculum designed to teach these critical skills.

## UNDERSTANDING SELF-REGULATION

Self-regulation is something we all work on daily, often without even realizing it. Life presents us with challenges that can test our limits, but the key to managing these situations lies in recognizing when we're feeling less regulated. By doing so, we can take steps to manage our emotions and bring ourselves back to a balanced state.

For some individuals, this process comes naturally, but for others, it's a skill that needs to be learned and practiced. *The Zones of Regulation* curriculum is designed to do just that—help children understand, discuss, and regulate their emotions more effectively.

## THE FOUR COLORED ZONES

To make these concepts easier to understand and apply, *The Zones of Regulation* organizes our feelings into four colored zones. This system provides a simple yet powerful way for children to identify their emotions and learn strategies to manage them.

## OUR COMMITMENT TO EMOTIONAL EDUCATION

We are proud to announce that PPIP will be implementing *The Zones of Regulation* across all Key Stages. This initiative will support our students in understanding their emotions and learning how to regulate them, fostering a healthier, more balanced approach to challenges both in and out of the classroom.

# The ZONES of Regulation

			
<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified



## MEET OUR STAFF

PPiP

# WELL-BEING TEAM

*Academic year 2024-2025*



Miss Helen

Mr Will

Miss Anjie

We believe that fostering emotional well-being is a collaborative effort between school and home. As we introduce The Zones of Regulation to our students, we encourage you to explore these concepts with your child at home as well. Together, we can help them build the skills they need to navigate their emotions confidently and healthily.

## CONTACT US

If you have any questions or would like more information about The Zones of Regulation or your child's well-being, please don't hesitate to reach out to our wellbeing team. You can contact us through ClassDojo messages, in person, or via our office phone. We're here to support you and your child every step of the way.