



Coulston Church of England Primary School

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Head Teacher: Mrs Annie Mitchell B.Ed Cert. Ed

Dear Parents & Carers,

9<sup>th</sup> March 2021

### Zones of Regulation

Last Monday our staff team participated in a range of training. During one of these sessions we introduced a programme called 'Zones of Regulation'. This is a programme created by Leah Kuypers in 2011 which aims to support children in understanding their emotions and provide them with tools to assist them in being in charge of their own self-regulation. All year groups will be participating in 'The Zones of Regulation® Curriculum' (or 'The Zones' for short).

Self-regulation can go by many names such as: self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when a child plays in the playground or in a competitive game it is beneficial to have a higher state of alertness. However, that same state of alertness would not be appropriate in the classroom.

The lessons and learning activities we will be doing are designed to help the children recognise when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in. In addition to addressing self-regulation, the children will gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, an understanding of how other people see and react to their behaviour, as well as an insight into events that trigger their behaviour, calming and alerting strategies and problem-solving skills.

A critical aspect of this curriculum is that it is used consistently across the school and where possible at home. For this reason, we are inviting you to attend a virtual training session on Wednesday 24<sup>th</sup> March at 7pm.

If you are interested in attending, please complete the google form below. If you have any questions please do come and speak to us.

[https://docs.google.com/forms/d/e/1FAIpQLSc7mG3gtQWN0xFV1d6V\\_ZrH\\_EMmK6nyZvZ4fe1d74UQW0\\_bWQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc7mG3gtQWN0xFV1d6V_ZrH_EMmK6nyZvZ4fe1d74UQW0_bWQ/viewform?usp=sf_link)

Kind regards,

*Mrs F M Lee*

Deputy Head Teacher

