

## SUPPORTING YOUR CHILD WITH THEIR EMOTIONS

*At Berridge we teach children about the **Zones of Regulation** to help children think about their emotions.*

### **Why Teach Self-Regulation?**

We all encounter trying circumstances that can test our limits. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place.

### **Sorting Our Emotions into Four Zones**

Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, we use Zones of Regulation. The Zones of Regulation organises our feelings and energy levels into four coloured Zones - Blue, Green, Yellow, and Red. The simple, common language and visual structure of Zones of Regulation helps make the complex skill of regulation more concrete for learners.

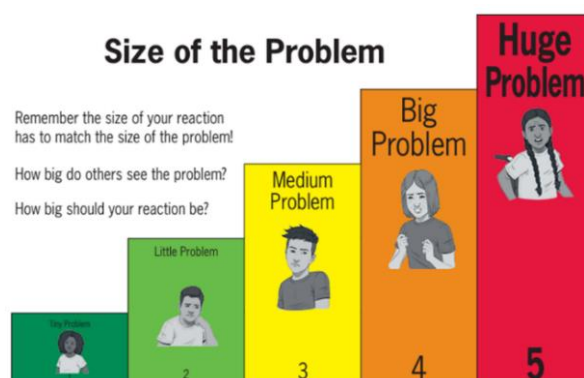
### **The Four Zones**

| Colour | Example Feelings                      |
|--------|---------------------------------------|
| Blue   | sad, bored, tired, sick               |
| Green  | happy, focused, calm, proud           |
| Yellow | worried, frustrated, silly, excited,  |
| Red    | overjoyed, panicked, angry, terrified |

**The Green Zone is seen as the zone where the best learning usually happens. We encourage children to be in the Green Zone when learning in the classroom.**

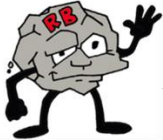
### **Size of the problem**

We encourage children to think about the size of the problem. Most problems in school are small problems that by self-regulating or with the help of an adult they can solve. Sometimes we all see problems to be bigger than they actually are and we need to try and keep things in perspective.



## Using our brain to help us regulate

We teach the children about two parts of the brain. One part of the brain thinks negative/bad thoughts, we call this the Rock Brain. The other part thinks positive and encouraging thoughts, we call this the Super Brain. We encourage children to listen to their Super Brain.



**I am ROCK BRAIN!**

**I will try and make you think negative thoughts. You might hear me say things like 'You can't do this, you're not very good.'**



**I am SUPER BRAIN!**

**I will try and keep you feeling good/positive about yourself. You might hear me say things like 'It's only a little problem' or 'Even though the work is hard, I can do it if I think carefully.'**

## Triggers

When we move from one zone to another, it is often because someone or something has 'triggered' this. At school we talk to the children about remembering to use our Super Brain over our Rock Brain when we feel we are being 'triggered'.

## How you can support your child at home

*When your child is finding it hard to regulate their behaviour...*

- Ask your child which zone they feel they are in and why.
- Ask them to think about the size of the problem-is it a small problem that you can solve together?
- Ask them what their Rock Brain is saying.
- Ask them what their Super Brain would be saying if they listened to it.
- Talk to them about ways they can move back to the calming green zone. For example, read a book, do some calm colouring, do some deep breathing exercises. Your child has learnt different techniques at school so ask them which help them the most.

