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Wednesday 21st September, 2022

Dear Parents and Carers,

The Zones of Regulation – Mental Health and Emotional Wellbeing

At Dovecotes Primary School, we recognise the importance of promoting positive mental health and emotional wellbeing. We aim to create an open culture around the discussion of mental health and wellbeing and to empower our children be able to regulate their emotions.

The Zones of Regulation is a programme that aims to help children notice the emotion they are feeling and then regulate themselves if they are feeling uncomfortable. Children also learn that their feelings and emotions can have an impact on the children and adults around them. By implementing the Zones of Regulation we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and improve their wellbeing.

Blue Zone is where you would be feeling tired, sad, bored, sick.

Green Zone is where you feel happy, pleased, proud, content, calm, ready to learn.

Yellow Zone is when there is some loss of control and you may feel worried, scared, frustrated, behave in a silly way, be overly excited.

Red Zone is where there is a loss of control and you could be feeling rage, fury, elation, total fear.

Once children understand the concept of the zones they will they explore ways to help regulate themselves with the support of sensory devices and calming techniques.

If you would like to find out more about how you can support your child at home with the zones of regulation, we invite you to a workshop at 2:45pm on Monday 26th September led by Mrs Turtle, our SENco, and Mrs Hehir, our learning mentor.

Yours sincerely
Miss T. Challenor

Headteacher

