

Introducing the Zones of Regulation

MENTAL HEALTH SUPPORT TEAM (MHST)
Emotional Health Service
Achieving for Children
42 York Street
London TW1 3BW


South West London
Clinical Commissioning Group

 achieving
for children

 Are you OK
Kingston?

 Are you OK
Richmond?

Introduction to the MHST

The Mental Health Support Team (MHST) provides mental health support to children, young people, their families and carers and staff in school settings, within Kingston and Richmond.

We offer early intervention from a multi disciplinary team delivered as part of the Emotional Health Service provided by Achieving for Children.

What might this look like in this school?

- An Education Wellbeing Practitioner offering 1-1 brief guided self-help interventions for parents of children with mild to moderate anxiety or behaviour difficulties
- Colleagues offering Art, Music or Systemic Therapies
- Group work and workshops with groups of children
- Workshops for parents and school staff

For more information,
speak to your class
teacher or the
school's Mental
Health Lead: Justine
Bateman

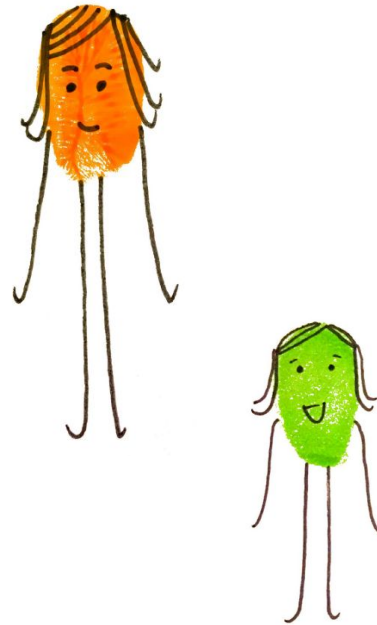
Last time:

Building
relationships
and security in
school

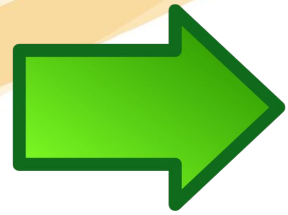
Recognising
that skills
developed at
home and are
in school are
transferable

Aims of this session:

Introducing the
Zones of
Regulation



Skills that will build school readiness include:



Autonomy – self care

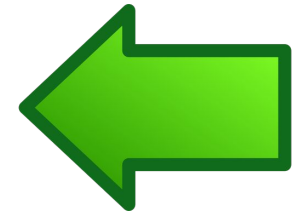
Managing emotions

Developing empathy

Social skills

Communication skills

Routines



THE **ZONES** OF REGULATION®

A CURRICULUM DESIGNED
TO FOSTER SELF-REGULATION AND
EMOTIONAL CONTROL

Written and Created by
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Foreword and Selected Lessons by
Michelle Garcia Winner

Full-color,
ready-to-print
reproducibles
on USB drive

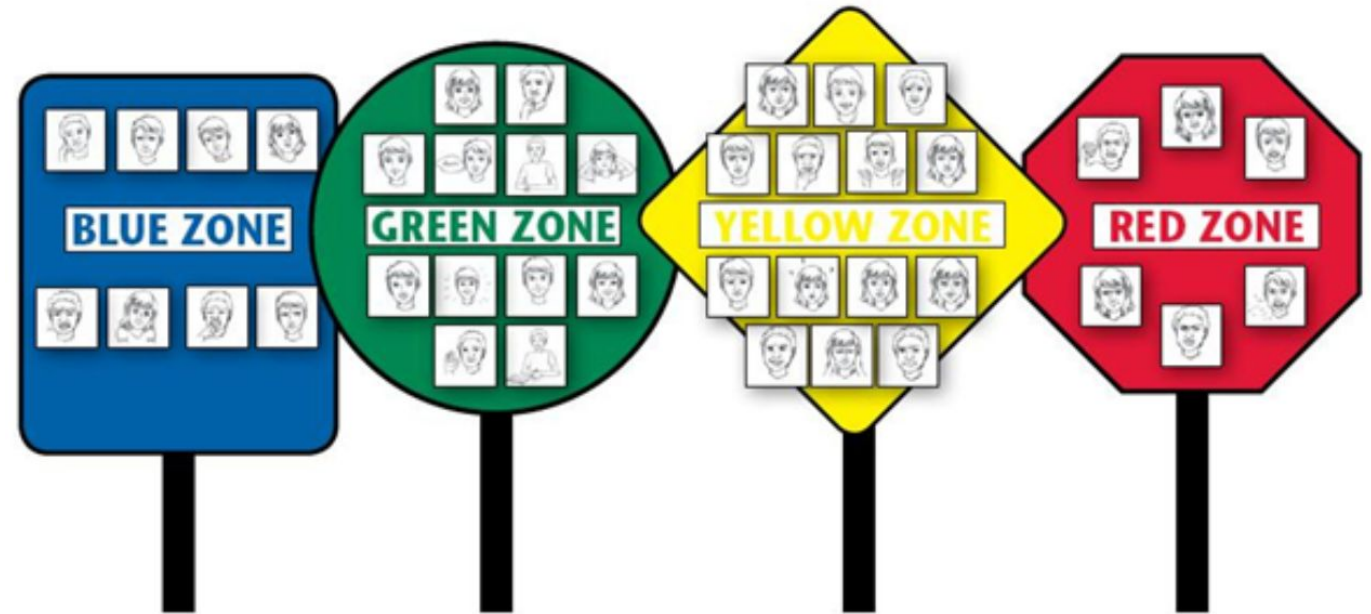
Blue: Low states of alertness (e.g. sad, tired)

Green: Ideal state of alertness (e.g. Calm, happy, focussed)

Yellow: Heightened state of alertness (e.g. stress, frustration, anxiety, excitement, silliness or fear)

Red: Extremely heightened state of alertness (e.g. anger, rage, panic)

The **ZONES** of Regulation®



The **ZONES** of Regulation®

Blue Zone

Sad
Low
Sick
Tired
Bored
Moving slowly

Green Zone

Happy
Calm
Focused
Able to engage in
lesson

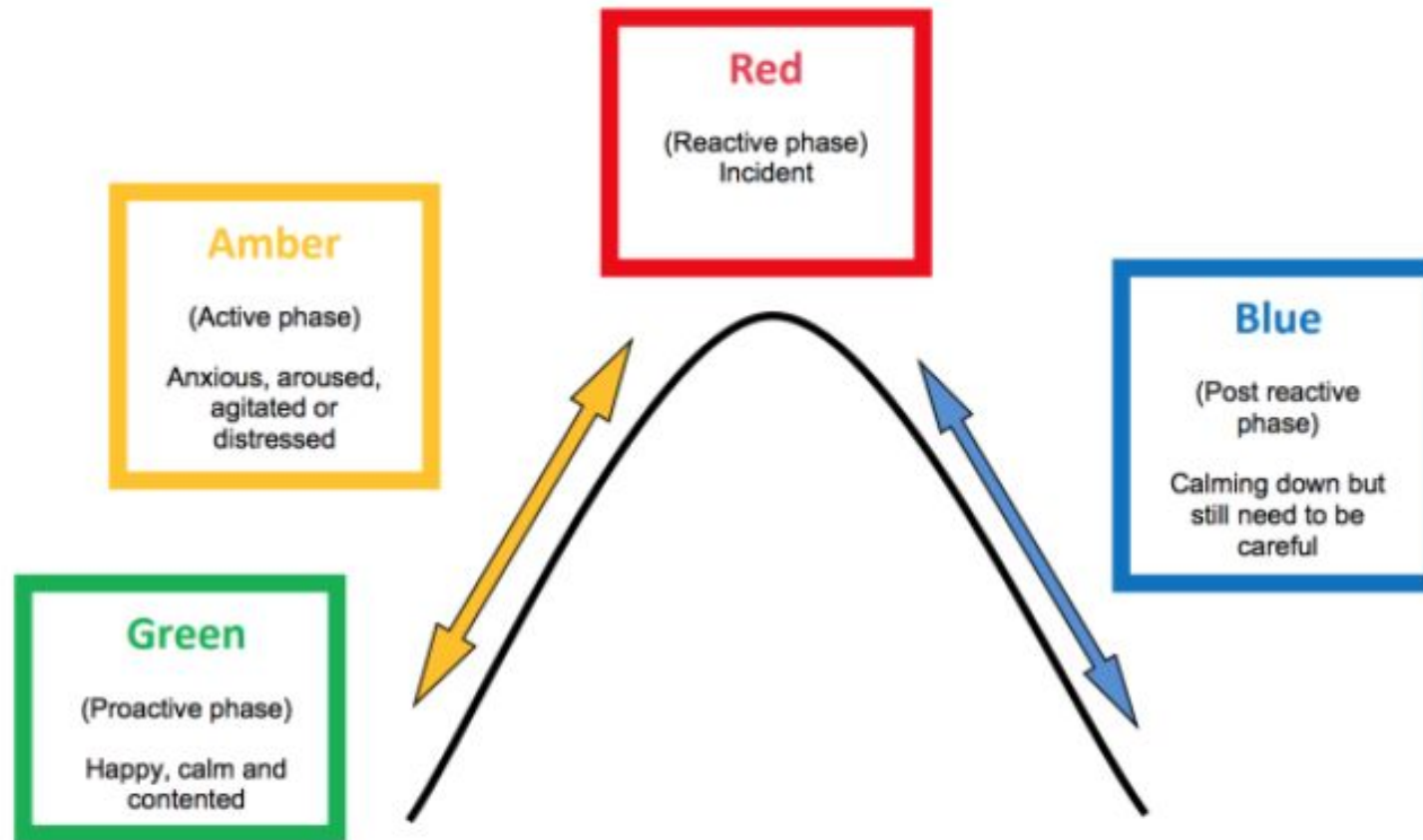
Yellow Zone

Frustrated
Bored
Annoyed
Worried
Anxious
Silly
Unable to keep still
Not in the right space
emotionally to learn

Red Zone

Angry
Terrified
Frustrated
Shouting, swearing
Hitting
Feeling out of
control
Not able to learn

Feelings & Behaviour



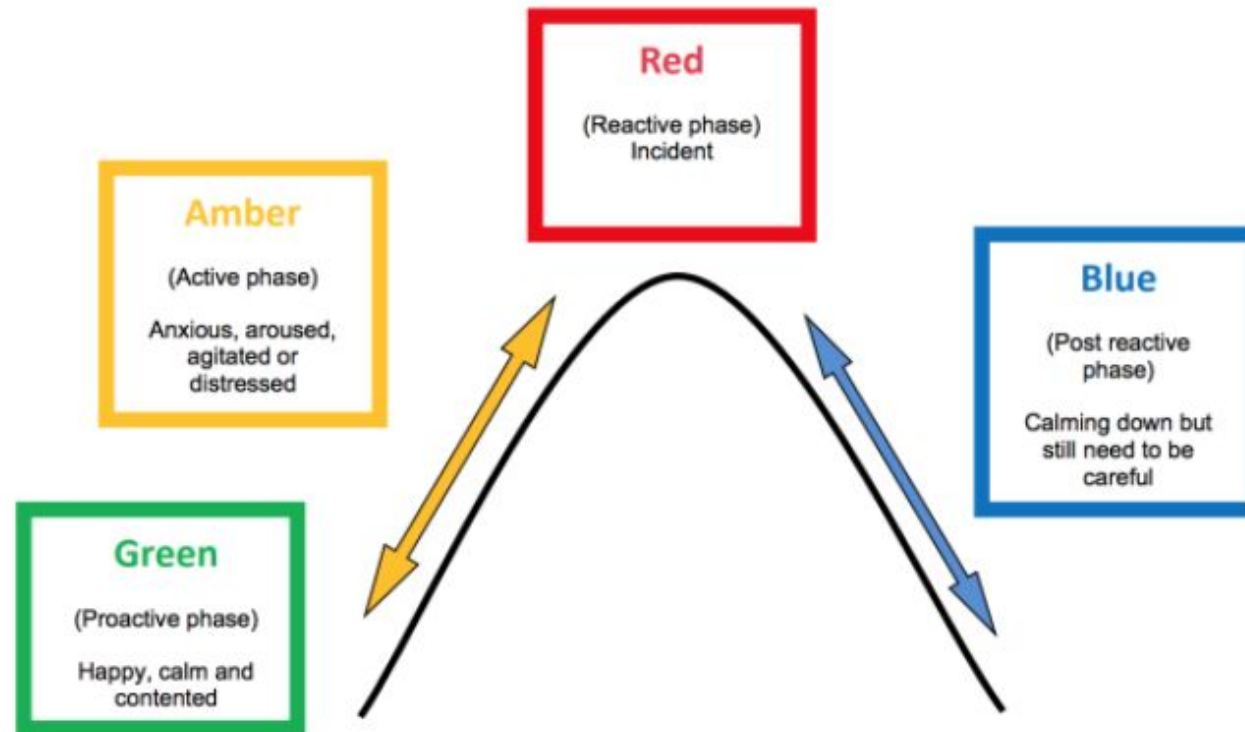
The Arousal Curve

Feelings & Behaviour

The Arousal Curve

Redirect.. distract..
use grounding and
breathing techniques
'in the moment'

Foundation skills...
movement...
exercise.. mindful
yoga



Not the time to direct
or problem solve..
Model calming
strategies alongside

Relate and reason...
grounding
techniques to bring
back to the present

How might this look in school?

The ZONES of Regulation

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

Formal

A zones display board

- Basic zones poster
- Faces representing different feelings
- Zones check in

How might this look in school?

The **ZONES** of Regulation®

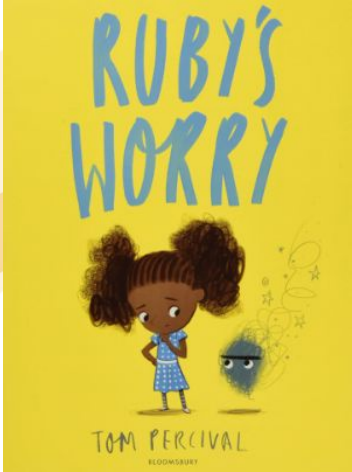
Zones-based activities:

- Drawing feeling faces on paper plates, using clay, painting
- Feelings charades (using feeling spinner)
- Twister – act out a feeling from the zone when they land on a certain colour
- Songs (e.g. 'Happy and you know it!')



How might this look in school?

The **ZONES** of Regulation®



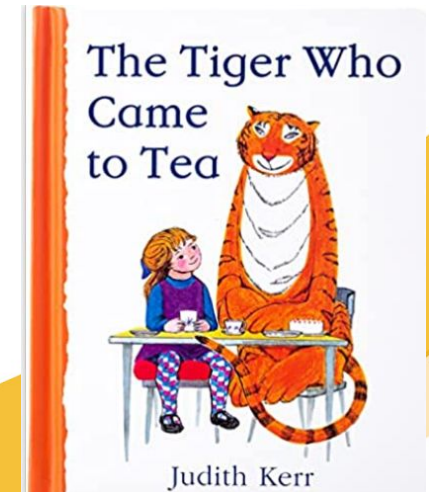
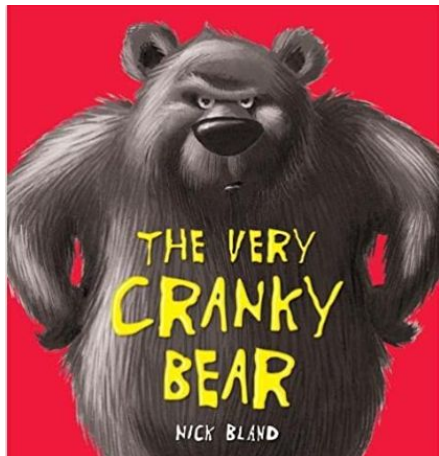
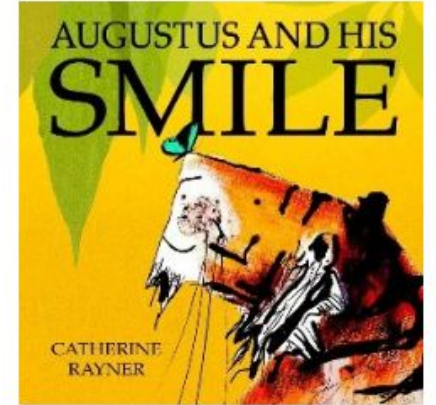
Story time e.g:

Augustus and his Smile - Catherine Rayner
(Green)

Ruby's Worry - Tom Percival (Yellow)

The Very Cranky Bear - Nick Bland (Red)

Tlger who Came to Tea - Judith Kerr (Green)



How might this look in school?

Informal strategies:

Wondering aloud with children

- e.g: “I see that you’re yawning, maybe you’re tired because it’s near the end of the day. Perhaps you’re in the **blue zone** and need to do...”

Staff modelling how they are feeling and relate this to a zone

- e.g: “I’m feeling a bit cross this morning because my cat knocked my coffee all over my trousers. I think I’m in the **red zone** and need to take 3 deep breaths, who can help me?”

Building a toolkit...

Thinking about a tool box or tool kit conceptually but actually a real box with resources inside might be really helpful





Green strategies...

movement and
exercise

mindfulness
and connecting
with senses

practising
relaxation and
breathing
techniques



Being green...

**Relax like
a cat**



Visualisation

warrior pose



'I am powerful'

tree pose



'I am strong'

chair pose



'I am aware'

downward
facing dog



'I am kind'

hero pose



'I am worthy'

Mindful yoga



Yellow strategies...

using more **green**
approaches:
movement, exercise,
rhythmic activities,
mindful yoga etc.

distraction

using the
senses

grounding
exercises

breathing and
relaxation
techniques



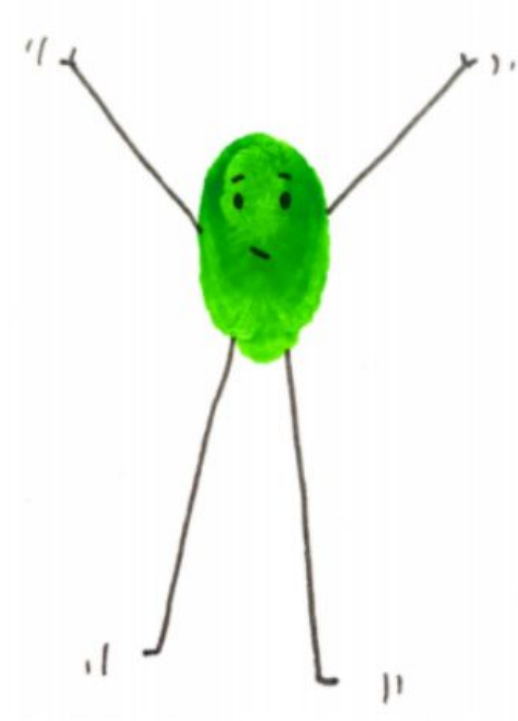
Exercise

Running or marching on the spot...

‘Run round the garden 5 times...’

‘Do 20 jumping jacks...’

Play ‘Copy me!..’





Taste...

drink through a
straw



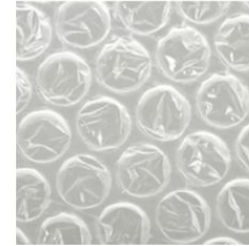
eat crunchy
food



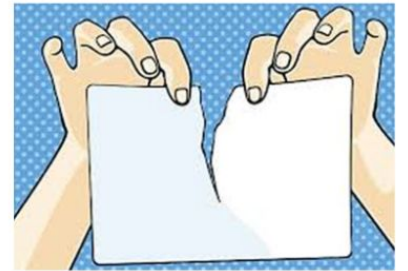
Touch...



bubble wrap



ripping paper





Butterfly Hug

Calm and soothe yourself with the butterfly hug when you are feeling sad, angry or hurt.



Take a moment while doing the butterfly hug and close your eyes.

Using your imagination go to a place where you feel safe, calm, and happy.

What images, colors, sounds, and scents do you observe in your safe place?

PRACTICE SELF-SOOTHING

1

Cross both arms over your chest and place each hand on your shoulder.

Breathe.

2

Gently begin tapping each hand one at a time on your arms.

Tap for 10 counts.

3

Pause and take a deep breath.

Continue tapping your arms until you feel more relaxed.

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Breathe..
Flap hands (wings)
against the
shoulders...
Count the number
of butterfly wing
flaps



Five senses



5 4 3 2 1 Grounding

5 things we can
see



4 things we can
touch



3 things we can
hear



2 things we can
smell



1 thing we can
taste





Distraction...

Count the colours...

How many yellow things can you see?... imagine...?

Quick fire questions...

What's your favourite thing to do and why?

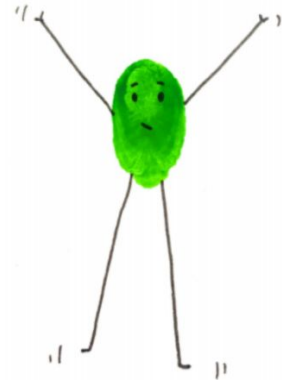


More Grounding...

5 colours you can see
4 shapes you can see
3 smooth things you can see
2 people you can see
1 book you can see

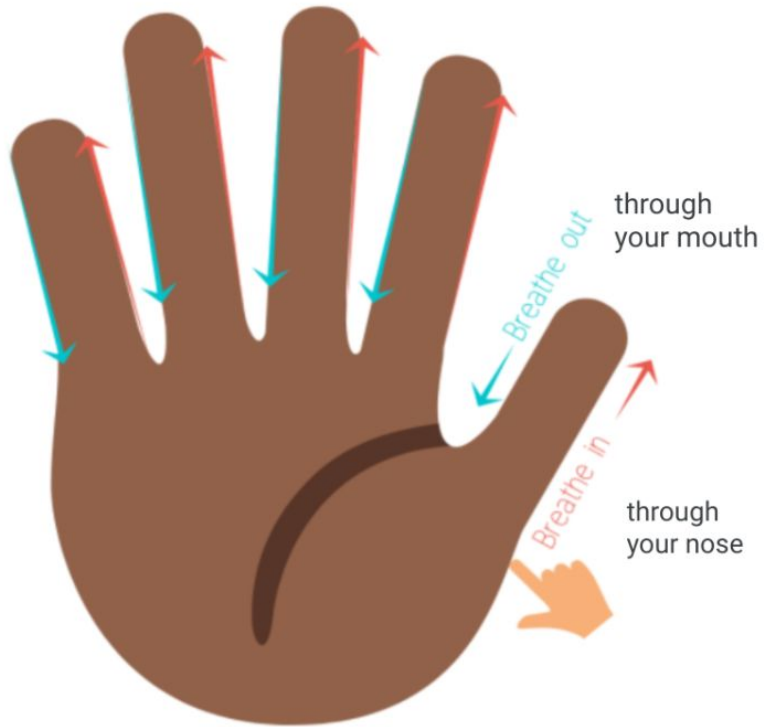
5 things you like to eat
4 things you like to smell
3 things you like to touch
2 things you like to do
1 thing you're looking forward to today

5 star jumps
4 jumping jacks
3 claps
2 high steps
1 self-hug





Breathing



TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.



Other breathing strategies...

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

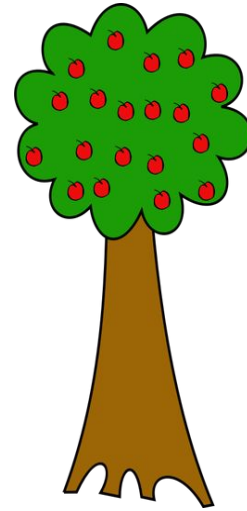
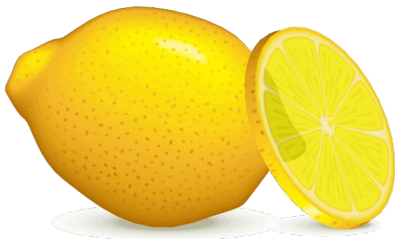
BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

Muscle Relaxation

Stretch your hands
- Imagine you're squeezing the juice from a lemon, clench your fingers into a fist and then relax your hand



Stretch your arms
- Imagine you're reaching up to get an apple from a tree, reach your arms above your head

Wiggle your toes pretend you are wiggling them in the sand





Red Stage

Reduce the words used!
Do not warn about consequences

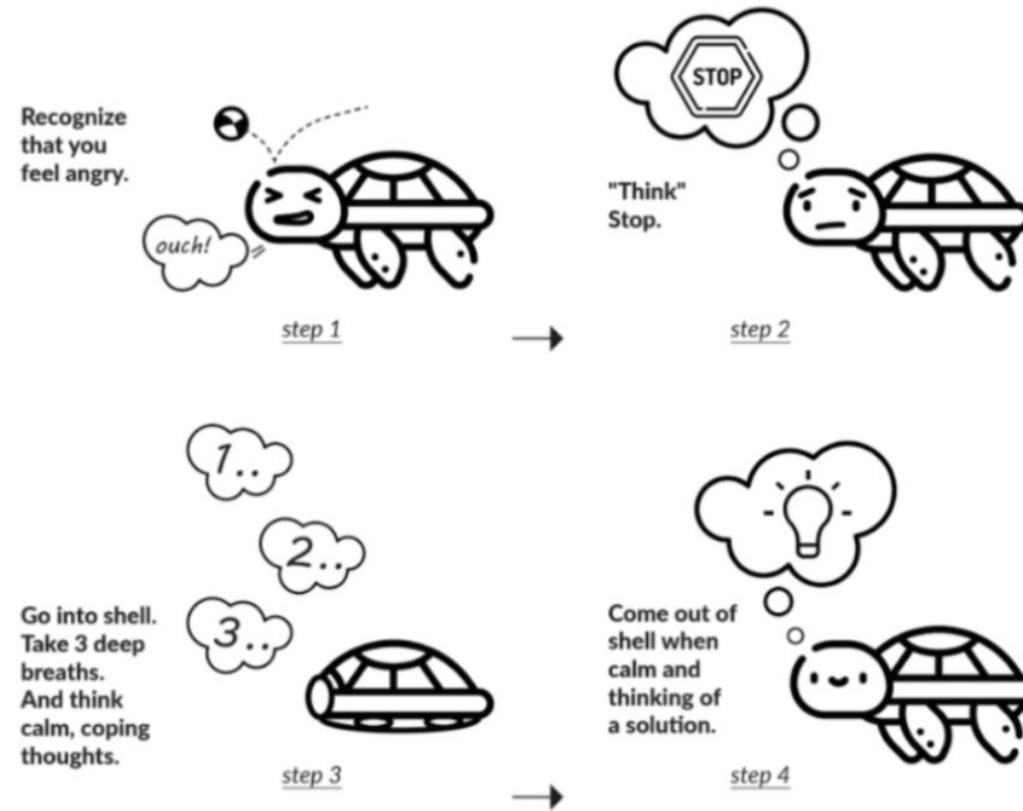
Be empathic - "I hear you.. I'm here with you..."
Pause between sentences allowing for a longer processing time

Validate feelings..."I wonder if you are feeling..."

Planned ignoring if possible
Distraction
Humour



The Turtle Technique:





Blue Stage

Regulate

Relate

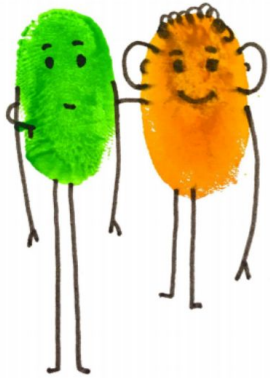
Reason



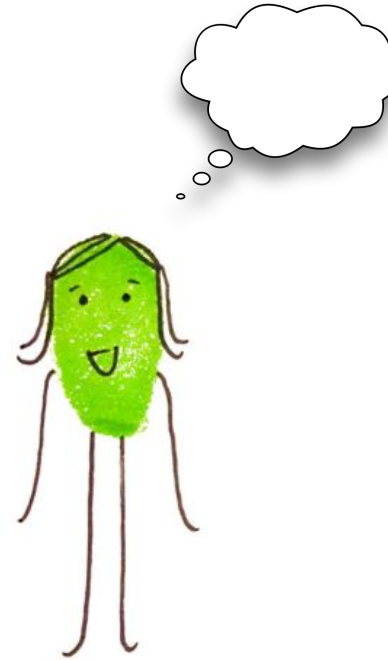
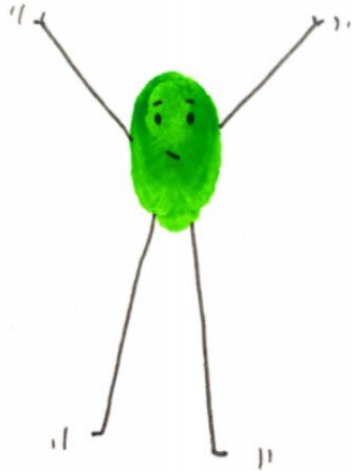
Exercise &
alerting sensory
breaks

Blue Strategies...

Drawing



Talking



What makes me
happy?



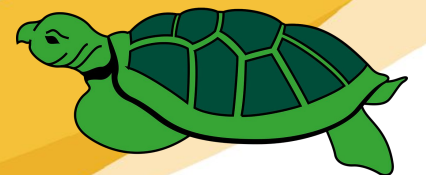


Pretend you are a turtle going
for a slow, relaxed turtle walk
(on the spot)

Oh no! it's started to rain!
Curl up tight under your shell
for about ten seconds

The sun's out again.. come
out of your shell and return to
your relaxing walk

Repeat a few times.. make
sure you finish your walk so
your body is relaxed





What would you put in your tool kit?

Run round
the garden

Play with a
fidget toy

Drink a glass
of water
slowly

Relax like a
cat

Count the
colours...

Mould play
dough

Breathing
strategy

SELF-REGULATION STRATEGIES

Go for
a
walk

Help
a
friend

Squeeze
your
stress ball

Stop what
you're
doing

Talk to
someone
you trust

Be
a
leader

Go for
a
walk

Go to
your safe
space

Draw
a
picture

Do
your
best

Talk to
a
teacher

Take
deep
breaths

Have
a
snack

Practice
your
coping
strategies

Listen
to
music

Ask
for
help

Take
a
break

Set a
goal for
today

Use your
breathing
strategies

Listen
to
music

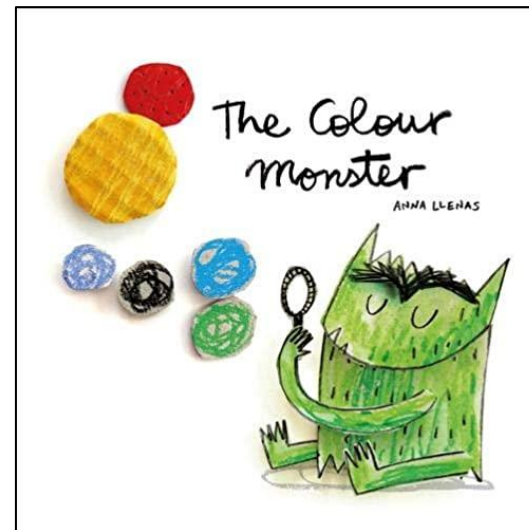
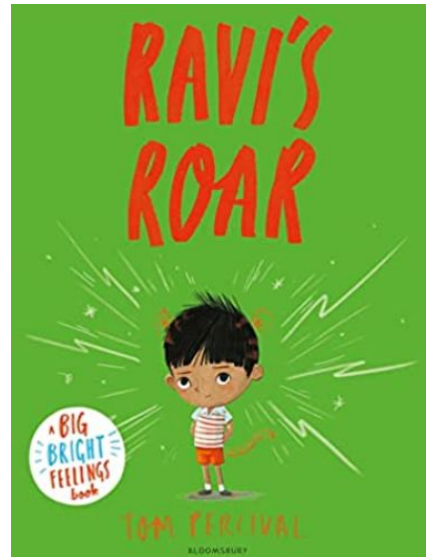
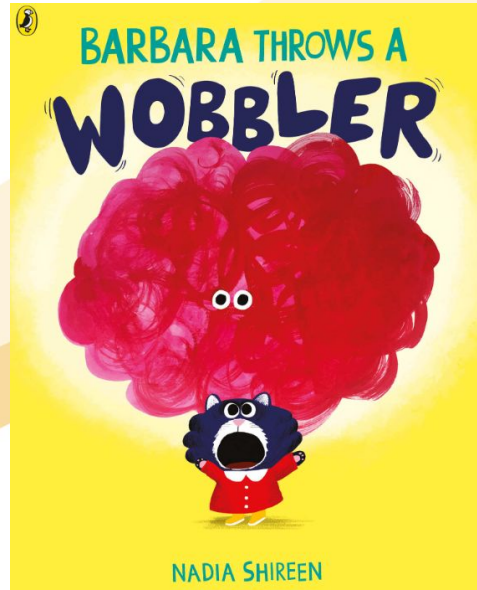
Take home messages:

All zones are
'ok' - we all
experience
them

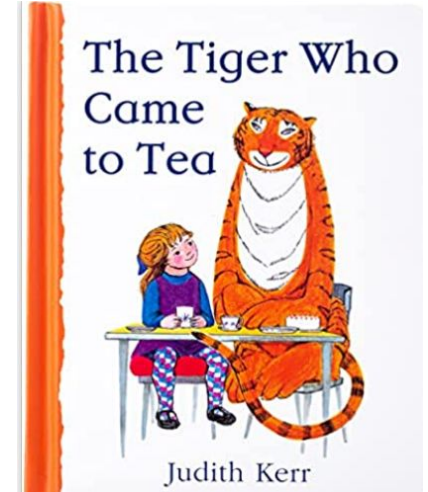
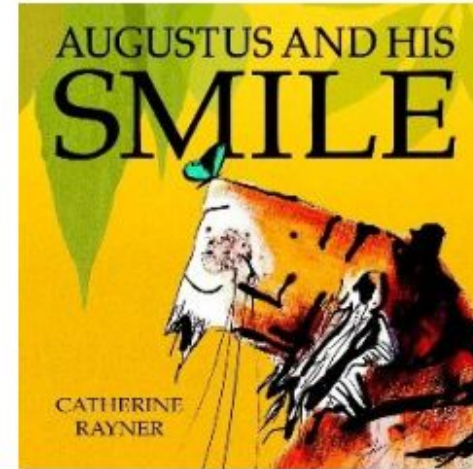
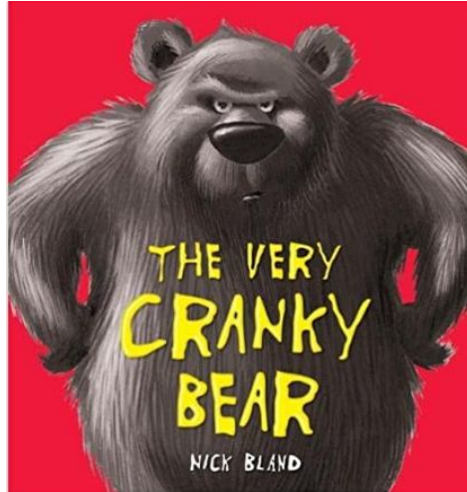
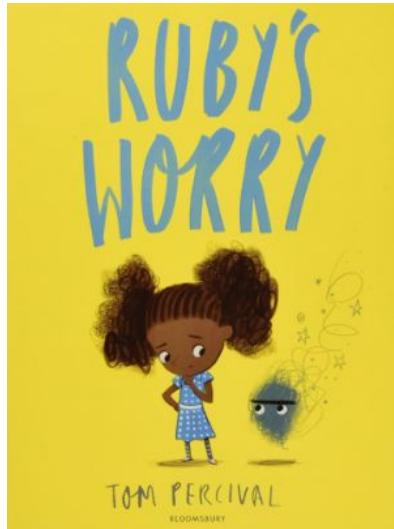
There are
different ways
to manage the
feelings in
each zone

Language and
strategies can
be shared
between school
and home

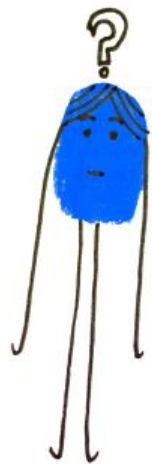
Other resources:



Books from earlier...



Questions - Ideas - Feedback



Contact us on:
MHST@achievingforchildren.org.uk