

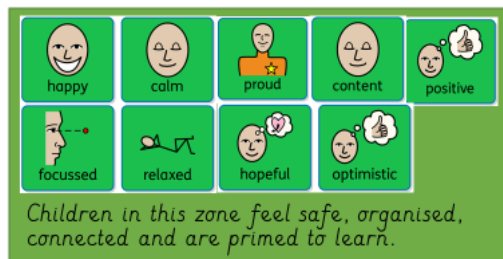
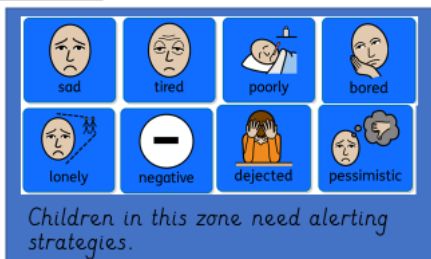


2. Nurture principle- Language is a vital means of communication

St Andrews 'Child talk': We have words to communicate our feelings and ideas.

At St Andrews we use the Zones of regulation to help children have the words to express how they are feeling. There are 4 zones which are as follows-

The Zones



Children are given the opportunity daily to share how they are feeling and are encouraged to move their names throughout the day as their feelings changed. As a school we are now working on giving the children the tools to move between the zones so that they are able to be in the right place for learning. Alerting strategies for the blue zone may be activities such as getting outdoors, exercise, doing something that you enjoy and yoga. Calming strategies may be activities such as breathing exercises, fidget toys, playdough and colouring. Many children will need help and support to co-regulate their emotions before they are able to self-regulate.

Key messages we promote at school in regards to the zones of regulation-

- Everyone experiences all of the zones at times
- All feelings are valid- "It's ok to be angry, it is what we do when we are angry that matters."
- All zones are valid and none are better or worse than others. There are no bad zones.
- Being in the green zone is not better but just means we are able to function effectively and learn
- We don't use the zones to condemn behaviour but use them to recognise and name feelings

- We show children how to regulate their emotions, not shame the behaviour
- We don't assume children know how to do things e.g calm down so we model and support them through this