

Name of intervention:

Zones of Regulation



Intent: To help children gain skills in the area of self-regulation. Through the Zones of Regulation program, we aim to help children to learn to self-regulate, and understand their emotions and behaviours - and to understand the emotions and behaviours of other people.

Implementation: The zones intervention runs once per week, 45 minutes per session. The sessions run in the afternoons, and Mrs Taylor has a different group each day. There are 18 sessions in the program. Carly liaises with class teaching teams and the SENCO to identify children to be targeted. Parents are asked to give written consent for their child's attendance.

Impact: Children will understand their emotions and learn how to regulate themselves in different zones. They will have chance to earn their zones license by using their chosen coping skills when feeling dysregulated.

Lead by: Carly Taylor

