



Wynndale Primary School
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Zones of Regulation

Dear parents / families,

At Wynndale Primary School, we are committed to nurturing the mental health and emotional wellbeing of our pupils, staff, parents and carers. We have a supporting and caring ethos and our approach is based on respect and kindness.

Now that school has reopened to all children, we will be following the Zones of Regulation initiative throughout school to help children recognise and regulate their emotions. This will be particularly important because of the experiences we have all had as a result of the pandemic.

The Zones of Regulation program has been designed to help children gain skills in the area of self-regulation. It is defined as the best state of alertness of both the body and emotions for specific situations. For example, when a child plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library. It is important to recognise that no Zone is 'bad', and that it is normal for us all to experience different Zones. Through the Zones of Regulation program, we aim to help children to learn to self-regulate and understand their emotions.

In addition to children understanding and naming their emotions, children will also learn to recognise triggers that affect their behaviour and strategies they can use to calm themselves or get themselves into a state of alertness depending on the situation.

Your child will be taught the Zones language and concepts, and these will be referred to with them throughout the school day. Alongside this letter is a leaflet which includes an explanation of each Zone and a few examples of coping strategies that your child will find useful when they are in the Blue, Yellow or Red Zone.

Kind regards,

Mrs Taylor
Pastoral Support



INVESTORS IN PUPILS