

ST MARK'S CE PRIMARY SCHOOL

Headteacher: Ms Laura Kelsey BA (Hons), PGCE, CEPQH



Dear parents/carers,

We had hoped to launch The Zones of Regulation with the children this term; our original plan was to have a whole school launch with lots of activities in classes and to run workshops for parents – however due to the current lockdown this has not been possible.

As it is Children's Mental Health week this week, we thought this would be the perfect week to offer some parent workshops. The Zones of Regulation are all about 'Social Thinking' and teaching children about their feelings and emotions.

The film Inside Out introduced this idea brilliantly and although it is not linked with the Zones officially it does put the idea of linking behaviour and emotions.

I have found researching The Zones fascinating and it has made me really think about the behaviour I see in children (both in school and my two at home) and reflect on the emotions they could be feeling leading to the behaviour they present.

As I said, these will be launched at school when we can but due to the current lockdown we feel that the idea of The Zones and helping children recognise and understand their emotions and behaviour has never been more important. Ultimately the Zones of Regulation help children self-regulate. As a mum and as a teacher I have never known a time when this could be more beneficial.

I have put together three short workshops to introduce the concept and cover key points:

- **An introduction to the Zones of Regulation- making sense of emotions Behaviours and emotion**

<https://www.loom.com/share/cd4cd3221eda477ba0d9d6a8ea9ddef>

<https://www.loom.com/share/c3756d9250614a82a298972abb1a183b>

- **Triggers and being in a zone**

<https://www.loom.com/share/b0a62ba906a749cb988804a78c58dbcc>

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I hope these will be helpful and give you an understanding of what we will be launching with the children when they are all safely back in class.

Best wishes,

Mrs Nixey



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