

Emotionally Friendly School(EFS) Award

Things we do at St Gabriel's to support children's emotional needs.

Zones of Regulation

Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being. All classes from Pre-school to Y3 have an individual zones of regulation display in class and children use this to check in the morning and throughout the day if needed. From year 4 up there is a generic poster up in class and individual zones used for those children who may need it.



All the Zones are Okay

A core belief of The Zones of Regulation is [that all the Zones are okay](#). We routinely experience several of the Zones across a day. It's critically important that we don't convey the message that the Green Zone is the only acceptable Zone to be in. Acknowledge, accept, and support these feelings, never make anyone feel like the Green Zone is the norm.