REGENT COLLEGE

SAFETY LENS

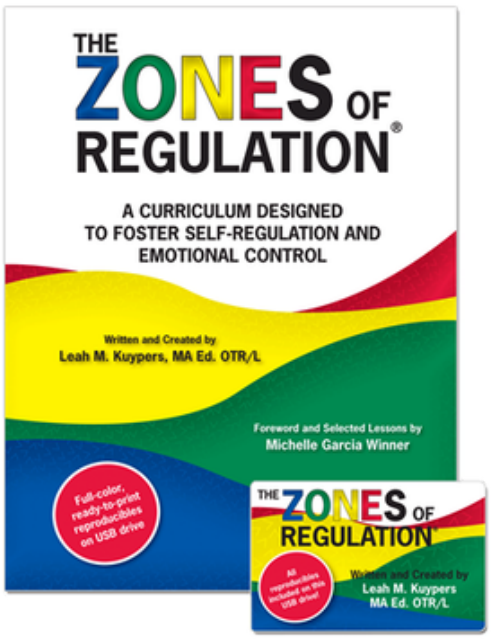
At Regent College, we care deeply about the safety of all of our community, with the well-being of our students and staff being our primary focus. We are committed to providing a physical, educational, and emotional environment that safeguards all students.

We seek to always uphold the National Principals for Child Safe Organisations to create a culture, adopt strategies, and take action to promote child wellbeing and prevent harm to children and young people.

This edition of the Regent College Safety Lens aims to provide families with some helpful resources on the Zones of Regulation.

NATIONAL PRINCIPALS FOR CHILD SAFE ORGANISATIONS IN FOCUS:

1. Children and young people are informed about their rights, participate in decisions affecting them and are taken seriously
3. Families and communities are informed and involved in promoting child safety and wellbeing.
7. Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.



ZONES OF REGULATION

The Zones of Regulation help recognise feelings and use tools and strategies to regulate them.

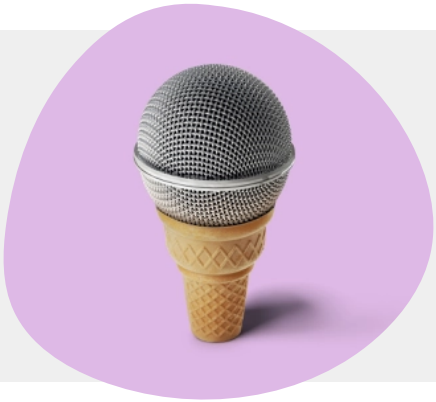
Regent College uses the Zones of Curriculum in all classes. The curriculum comprises lessons and activities to equip students with skills in the area of regulation and emotional control.

THE 4 ZONES OF REGULATION

CAN YOU IDENTIFY WHICH ZONE YOU'RE CURRENTLY IN?

BLUE	GREEN	YELLOW	RED
Low state of alertness	*Ideal state of alertness*	*Heightened state of alertness*	*Extremely heightened state of alertness*
Feeling tired, sad, sick, bored	*Feeling ready to go, happy, calm, focused*	*Feeling frustrated, silly, excited, embarrassed*	*Feeling angry, grief, terror*

It is important to note that everyone experiences all of the Zones—the Red and Yellow Zones are not the "bad" or "naughty" Zones. All of the Zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgment.



INSIDE "SCOOP"

Q&A WITH REGENT COLLEGE TEACHERS ON THE ZONES OF REGULATION

WHAT ARE THE ZONES OF REGULATION?

The Zones of Regulation program helps children identify what emotional "zone" they are in and why. The "green zone" is when children are ready to learn, the blue zone is when children are tired or sad, the yellow zone is when children are frustrated or silly, and the red zone is when children are angry. This highly regarded program has been great to help children to realise how their zone affects their learning, and how to get into the green zone. **Year 1 Teacher**

HOW DO YOU USE THE ZONES OF REGULATION IN YOUR CLASSROOM?

Zones of Regulation was introduced to my class throughout Term 1 2021 by incorporating introductory lessons into the Keeping Safe Child Protection Curriculum units in our Health lessons. This lead to the making of our 'check in' display with emojis illustrating emotions that can be sorted into each Zone, for example, anger and frustration can go in the red zone while embarrassed and confused go in the yellow zone. When we decided where each emotion goes, we discussed the possibility that each of them could be in yellow or red depending on how extreme they feel at the time. Once we can label our emotions and recognise them, we can begin to learn some strategies to help us get back to green where we can best concentrate in the classroom. It takes some time and a lot of repetition before the children start to use other words besides happy, sad and mad to describe how they feel but they do learn to overtime. Later this term we will make an A4 toolbox of strategies for several emotions that students keep in their trays for easy reference. We continue throughout the year to explore better ways to respond in a variety of situations when we experience extreme emotion. **Year 3 Teacher**

In our class, we use the four coloured zones to help support the children to identify and manage different feelings and emotions. We have used coloured charts and pictures to sort faces displaying different emotions. **Kindergarten Teacher**

I believe that it is so valuable and important for students to develop an awareness of how they are feeling, and how they can self-regulate, as these are skills that we all use as adults. For example, if I am struggling to focus or feeling sleepy, I'll get up and give myself a short break, go for a walk or get a cup of tea. It makes sense to me to teach my students that they also have the option to take breaks or implement other strategies like this in the classroom to help them learn. **Year 5 Teacher**

WHY DO YOU USE THE ZONES OF REGULATION IN YOUR CLASSROOM?

RESOURCES FOR FAMILIES

Brief Introduction video to the Zones of Regulation Framework

Videos on different zones and regulation strategies:

- Blue Zone
- Green Zone
- Yellow Zone
- Red Zone

Zones of Regulation website

Free downloadable handouts

Article: All the Zones are OK! Tips for Managing the Zones You're In