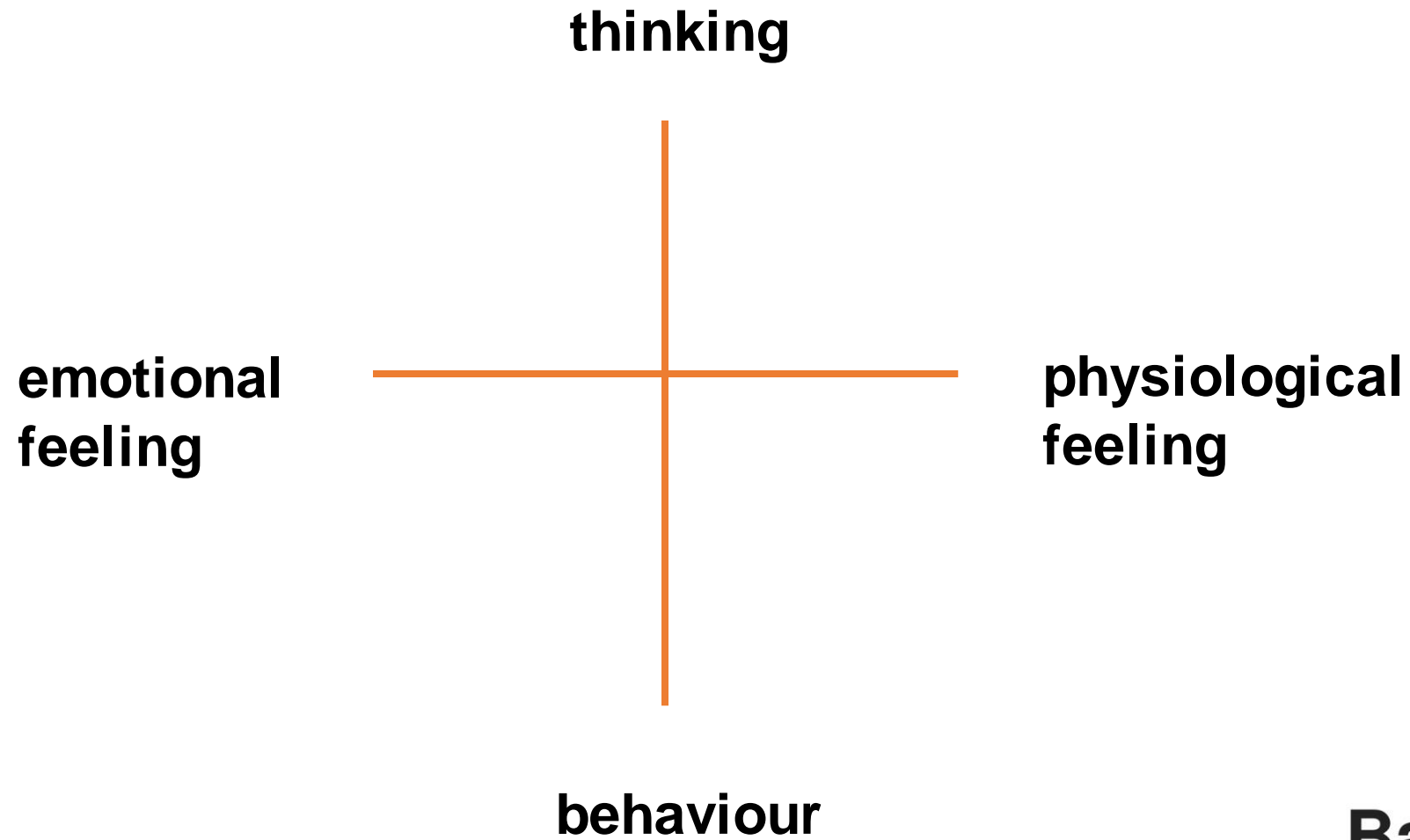


What is emotional literacy?

Emotional Literacy

Emotional literacy is the ability to 'recognise, understand, handle and appropriately express emotions'. (Peter Sharp, 2001)

Emotional Literacy



What is self-regulation?

one borough; one community; no one left behind

**Barking &
Dagenham**

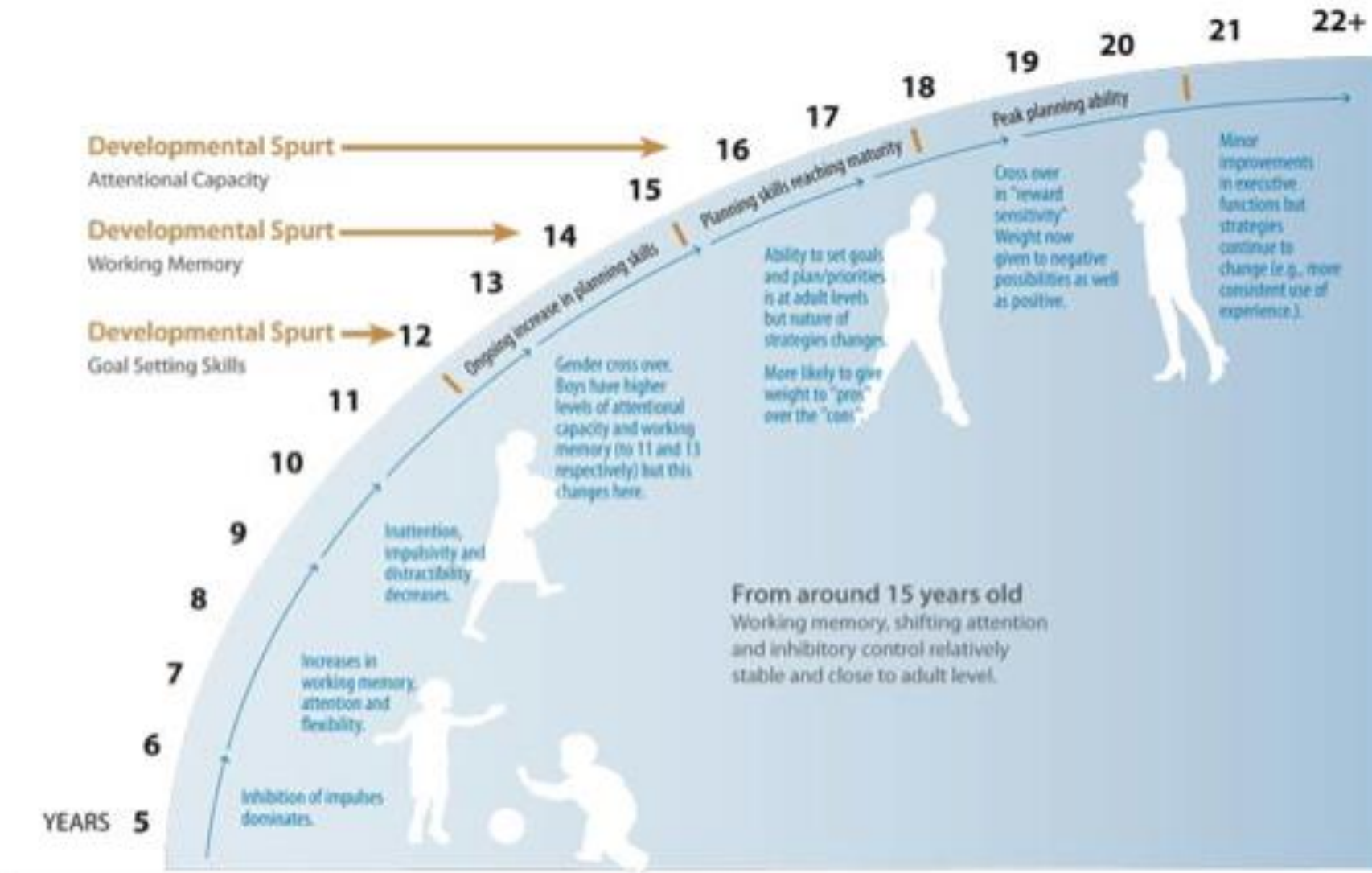
Components of Self Regulation

- Self-Control/Emotional Regulation
- Resiliency
- Executive Functioning
- Self-Management
- Anger Management
- Impulse Control
- Sensory Regulation/Modulation (Penzenik, 2021)

Emotions and Learning

- “**emotions fundamentally drive** cognitive **learning** and... educators need to engage the affective dimensions of pupils’ minds.”
- *The neurobiological evidence suggests that the **aspects of cognition that we recruit most heavily in schools**, namely learning, attention, memory, decision making, and social functioning, are both profoundly **affected by** and subsumed within the processes of **emotion**.” (Immordino-Yang and Damasio 2007).*

Brain Development and Maturation



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Dagenham

Social Emotional Development: Skills to Expect at Different Ages | Understood - For learning and thinking differences

- **Ages 3–4 years**

- Start to show and verbalize a wider range of emotion
- Are interested in pretend play, but may confuse real and “make believe”
- Are spontaneously kind and caring
- Start playing with other kids and separate from caregivers more easily
- May **still have tantrums** because of changes in routine or not getting what they want

- **Ages 5–6 years**

- Enjoy playing with other kids and are more conversational and independent
- Test boundaries but are still eager to please and help out
- Begin to understand what it means to feel embarrassed

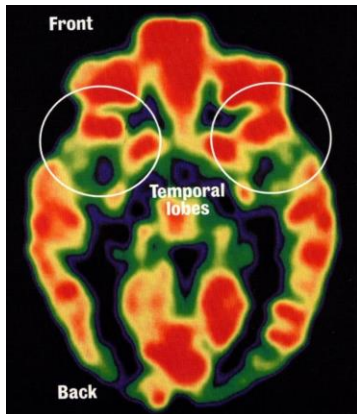
- **Ages 7–8 years**

- Are more aware of others’ perceptions
- May complain about friendships and other kids’ reactions
- Want to behave well, but aren’t as attentive to directions
- Try to express feelings with words, but may resort to aggression when upset

- **Ages 9–10 years**

- Share secrets and jokes with friends
- May start to develop own identity by withdrawing from family activities and conversations
- Are affectionate, silly, and curious, but can also be selfish, rude, and argumentative

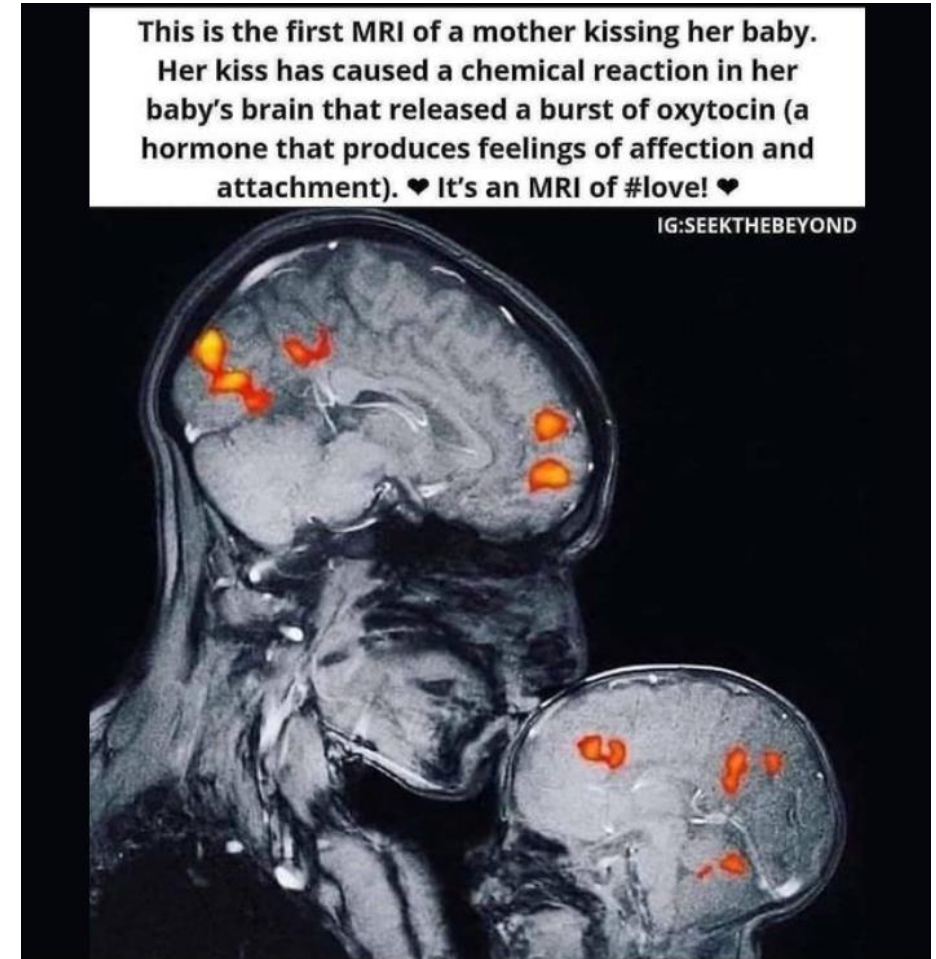
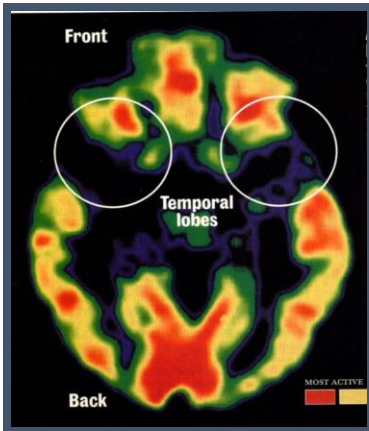
Life Experiences and Brain Development



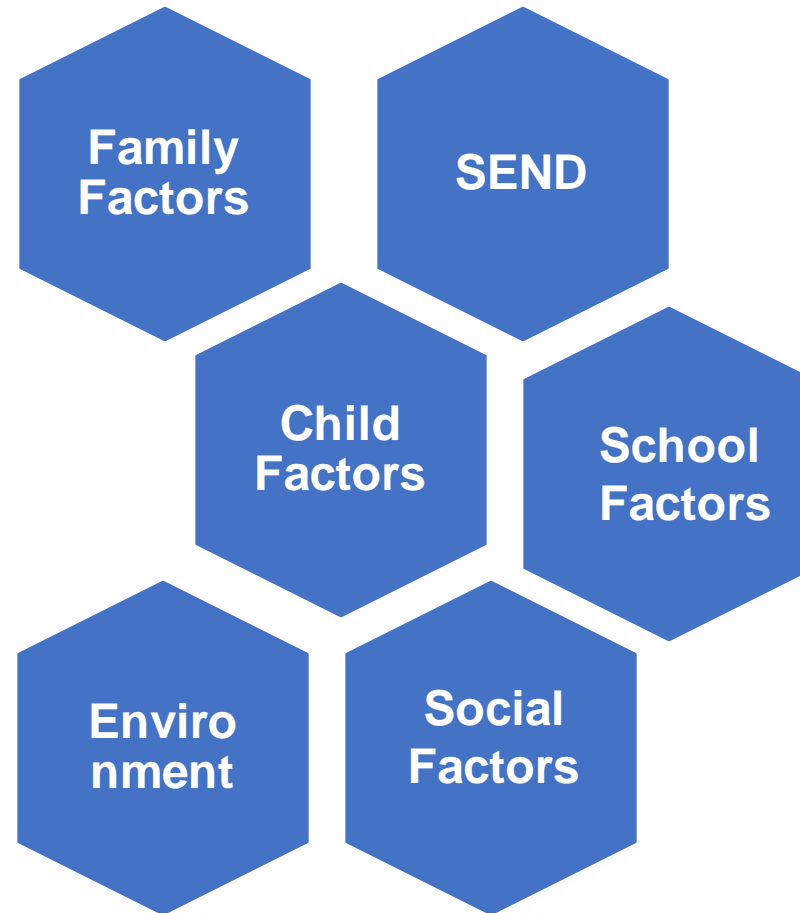
The child's prefrontal cortex (higher brain) is functionally less mature at birth than the limbic system (lower brain), so young children are easily overwhelmed by emotions.

Because neural connections between the limbic system and the prefrontal cortex are developing and proliferating, children need help and time to think, reason and calm themselves down.

With consistent, supportive, emotional responses from adults, a child's frontal cortex will develop the essential pathways that, over time, support self-regulation to better manage alarm states in the limbic system.



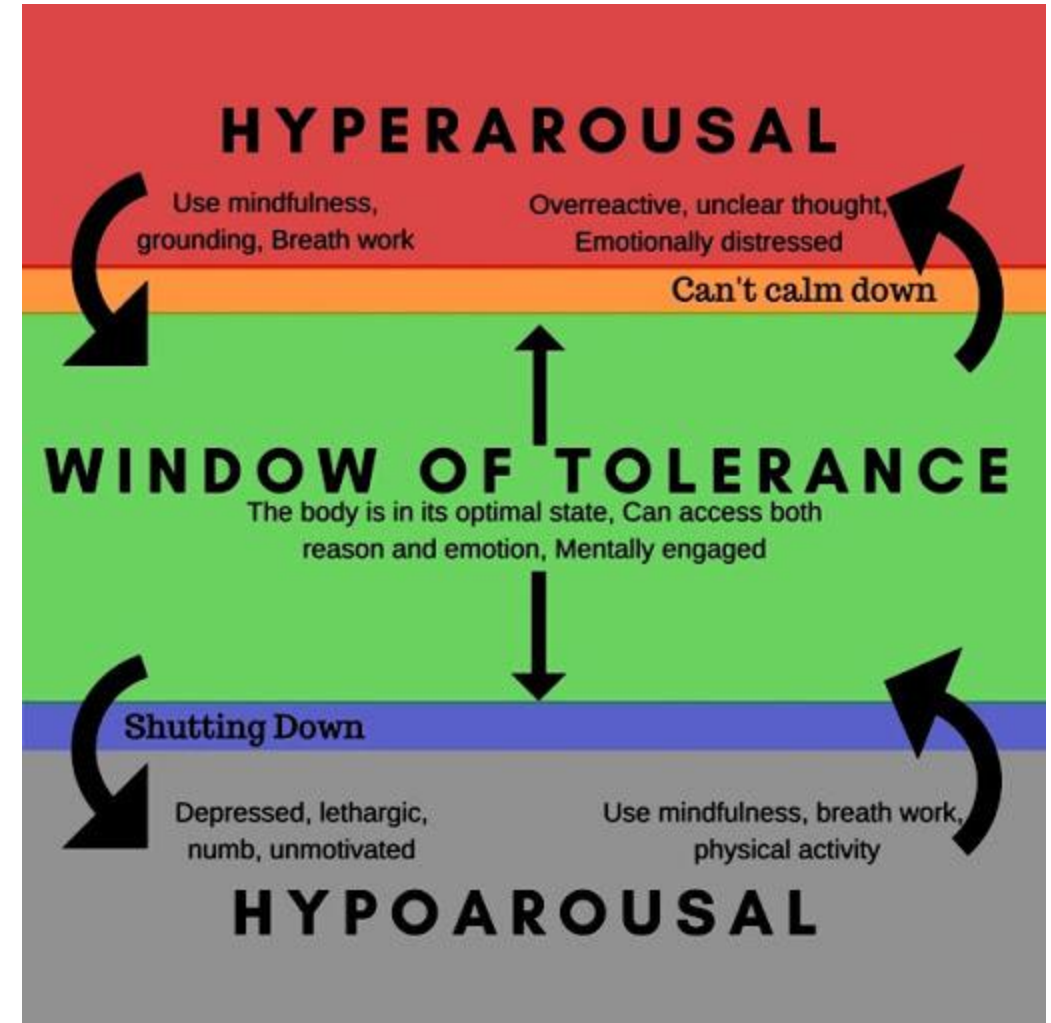
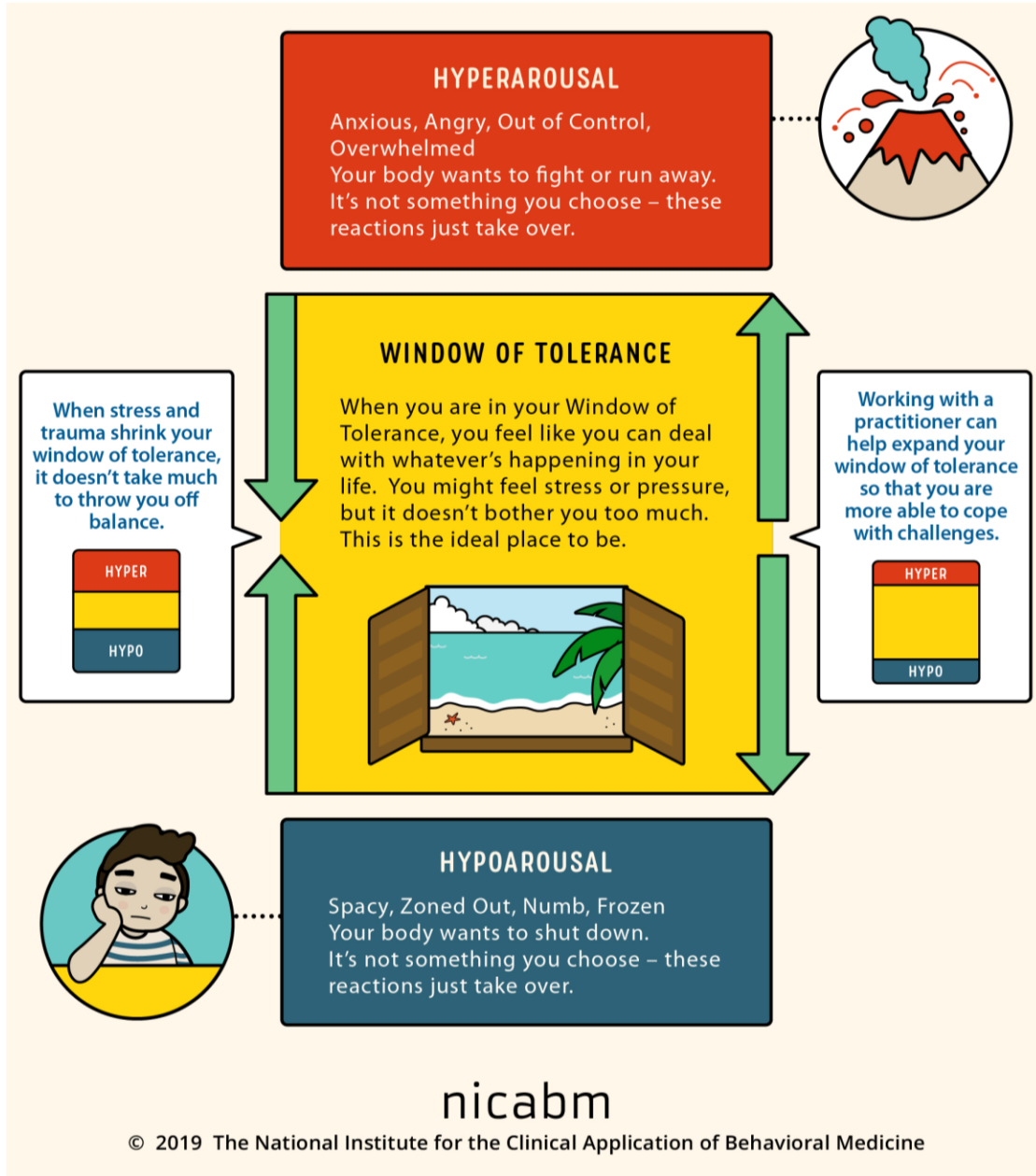
Factors which impact Emotional Regulation



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Window of Tolerance



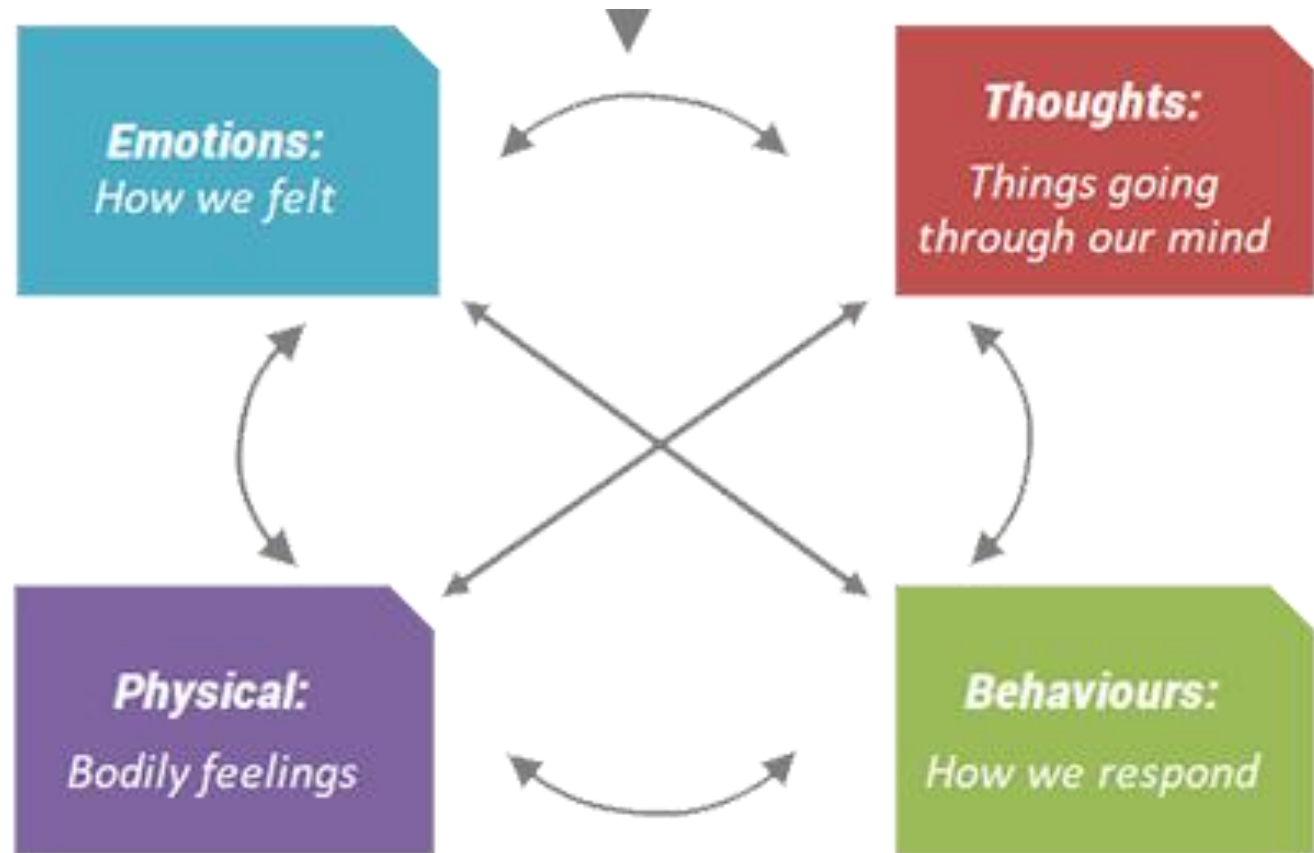
Siegel (1999)

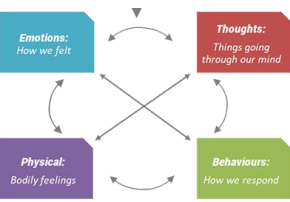
no one left behind

Barking & Dagenham

What are Zones of Regulation?

- **Intuitive**
- Label some of natural behaviours
- **Systematic**
- Cognitive behaviour approach
- **Teach self-regulation**



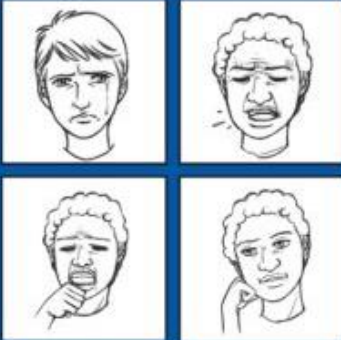

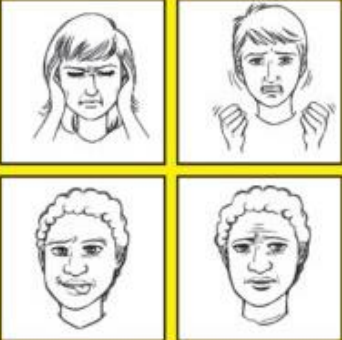
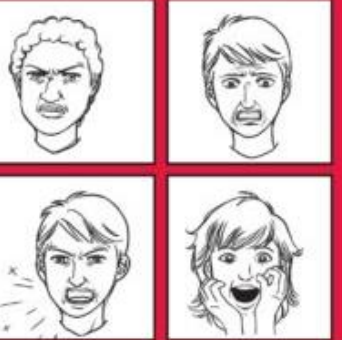


Zones of Regulation Summary

- Four Zones
- Promotes child self-awareness
- Pre-prepared Toolbox
- All zones are OK
- Adults assist children to remain or return to green



The ZONES of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>



The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Low state of alertness

- Low arousal
- May feel:
 - Sad
 - Sick
 - Tired
 - Bored

Blue Zone



Heightened state of alertness

- Intense anger, but some control
- May feel:
 - Stress
 - Anxiety
 - Frustration
 - Nervousness
 - Excitement
 - The Wiggles
 - Silliness

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Yellow Zone



Heightened state of alertness

- Intense emotions
- No control
- May feel:
 - Elated
 - Angry
 - Rage
 - Terror
 - Devastation

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Red Zone



Calm state of alertness

- Optimal learning occurs
- May feel:
 - Happy
 - Content
 - Focused
 - Calm body
 - Ready to learn

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Green Zone

Language

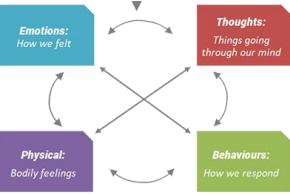
- There is no such thing as a bad zone.
- The key is the language we use:
- I can see you are in the **red zone** (comment on what you see)
- But the actions you are doing are not acceptable.

Language

- As adults we need to support children to recognise which zone they are in:
 - Physical signs
 - Emotional signs
 - Action signs
-
- We need to provide the language for the children to use.

Language

- We are the children's role models
- We need to share which zone we are in, how this is making us feel and what we can do to move zones.
- The language we use is vital.



Why is each Zone important?

What does a Zone tell us?

What do you notice about yourself in each Zone?

What do you notice about children in each Zone?

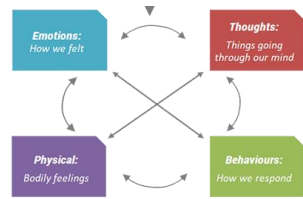
RED ZONE
1. _____
2. _____

YELLOW ZONE
1. _____
2. _____

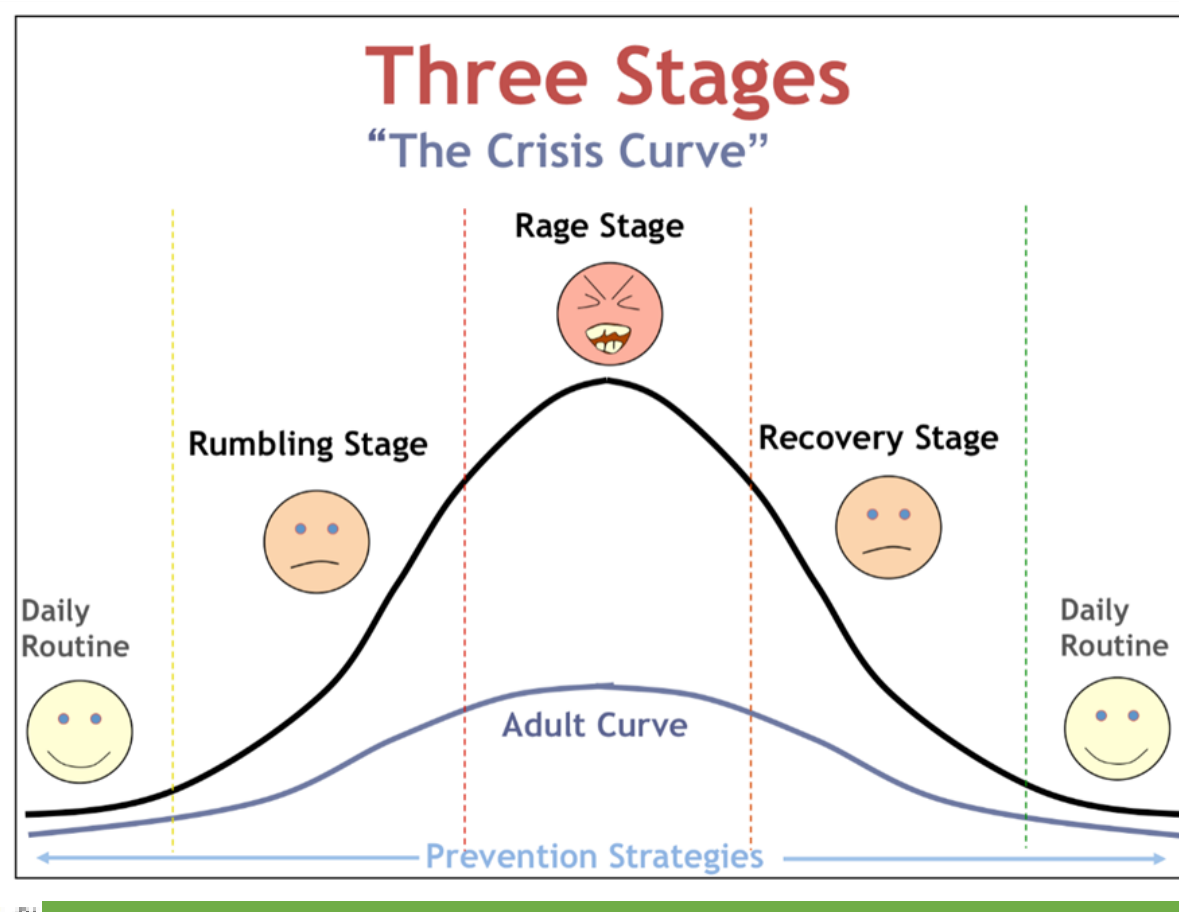
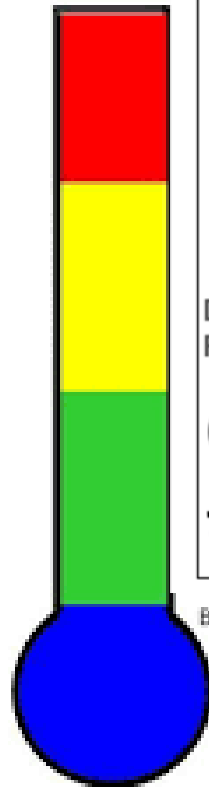
GREEN ZONE
1. _____
2. _____

BLUE ZONE
1. _____
2. _____

Zones and Emotional Crisis



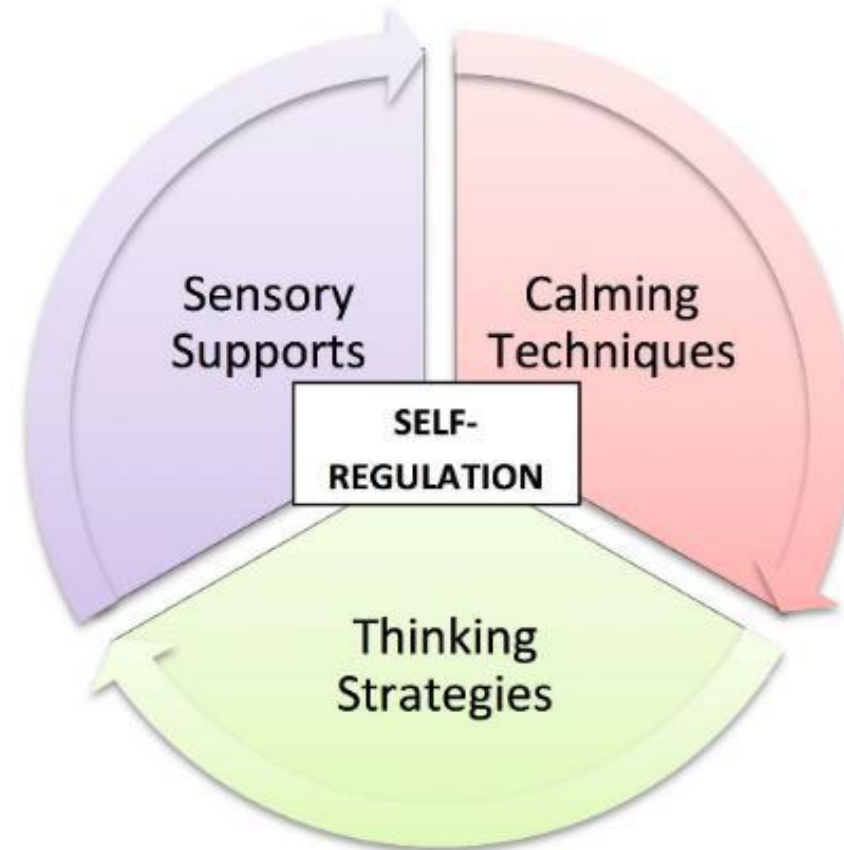
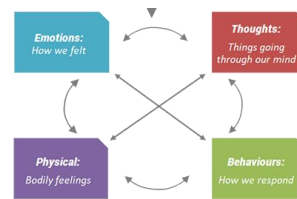
[Resources / Tip 5: MANAGE CHALLENGING MOMENTS WITH POSITIVE BEHAVIOR SUPPORTS](#)
(crporegon.org)



- Blue zone
1. _____
 2. _____
 3. _____

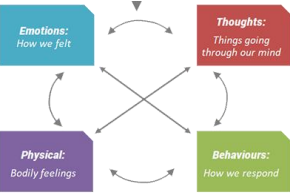
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Zones Strategies in a Nutshell



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Example Zones Toolbox

_____ 's **Toolbox**




Blue Zone Tools




Drink Water


Green Zone Tools

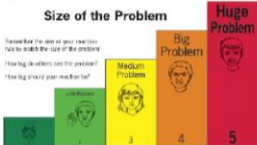

Yellow Zone Tools





Lazy 8 Breathing




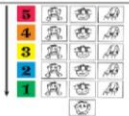

Size of the Problem

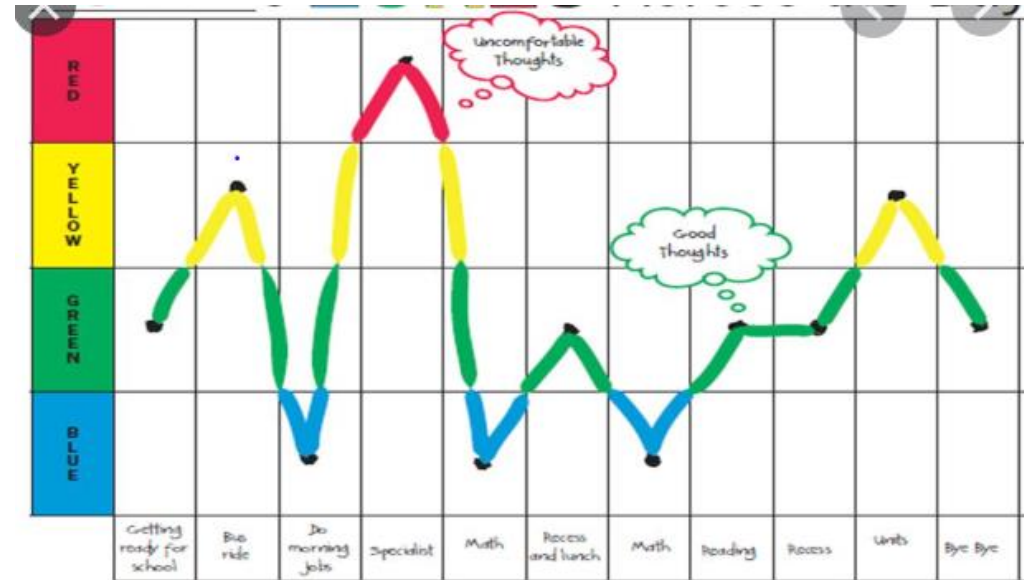
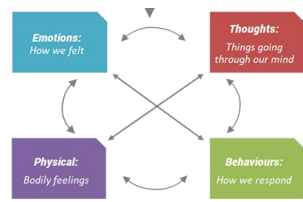
Red Zone Tools

The Six Sides of Breathing

ZONES during the day



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