



## The Zones of Regulation

17/07/25

Dear Parents/Guardians and Families,

Before we close for the summer, I would like to send out a huge thank you to everyone for supporting our whole school launch of The Zones of Regulation. We use The Zones of Regulation to support children's mental health and wellbeing and children with SEND. This term, the children attended assemblies, listened to stories and completed ZoR activities in their PSHE lessons. Many parents also attended a workshop delivered by Flourish Specialist Education Service.

Each class designed their own Calm Corner and Check-in Zone and school purchased a number of resources to implement this. A huge thank you goes out to Mr Frise (Alice's dad from 3B), from Jazwares manufactures who donated a large selection of squishmallows for every classroom.



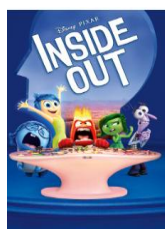
Jazwares.com  
**Jazwares**

Many parents supported their child/children by completing ZoR tasks at home and/or by creating a Calm Corner and/or Check-In Zone at home.

The Check-In Zone below was created by Mr and Mrs Yeadon (Isla's parents from 2A) and is stuck onto their kitchen fridge for the whole family to use.



The ZoR has proved to be a huge success with children now better equipped to recognise and name their own emotions and begin to use strategies to regulate their responses to their emotions safely. To celebrate our approach to wellbeing, many classes have been able to watch the first Disney Pixar film Inside Out which recognises how our brains and bodies cope with our emotions.



I would like to invite parents to share photographs of family Calm Corners and/or Check-In Zones or anything related to the Zones of Regulation used at home. Please send your photographs over the summer or next term to [office@rapsch.co.uk](mailto:office@rapsch.co.uk) and let me know your child's name and new class.

Please see below for links to videos that might be helpful and photographs of Calm Corners and Check-In Zones around the school.

Many thanks for all of your continued support. Wishing you all a wonderful summer!

Best wishes,

Ms Natai  
Deputy Headteacher

<https://www.youtube.com/watch?v=zZ9X-d3oZvQ>  
<https://www.youtube.com/watch?v=Kx7PCzg0CGE>  
<https://www.youtube.com/watch?v=66ogmkG98pl>  
<https://www.youtube.com/watch?v=MlEdDAnhqbq>

# EYFS



# KS1



# KS2



Your name \*

Your answer

How are you feeling now? \*

<b>BLUE ZONE</b> Sad Worried Lonely Tired	<b>GREEN ZONE</b> Happy Calm Relaxed Content
<input type="radio"/> Blue Zone	<input type="radio"/> Green Zone
<b>YELLOW ZONE</b> Anxious Nervous Unsure Awkward	<b>RED ZONE</b> Angry Frustrated Upset Crying
<input type="radio"/> Yellow Zone	<input type="radio"/> Red Zone

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