



Pendle Primary School



Spring Term Wellbeing Newsletter

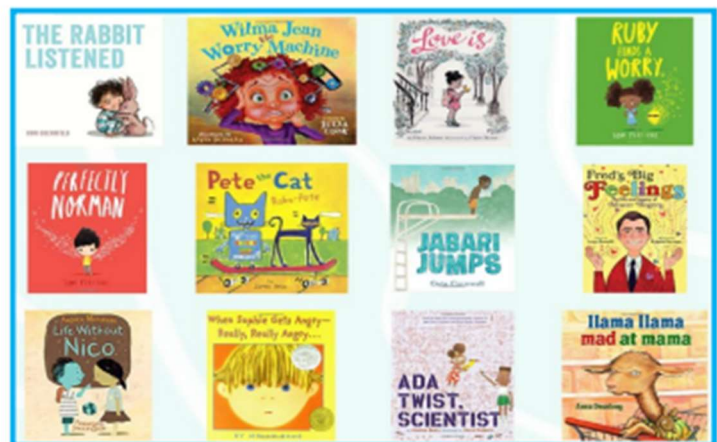
Is your child managing their emotions? From the time our children are born, they're trying to communicate how they're feeling. It starts with the basics—feeling hungry, tired, wet, or cold—but as our babies grow into children, they begin to experience emotions they don't yet have the words to articulate. These feelings can come out in tears, temper tantrums, clinginess, or acting out. Throw in a disruption to routine or an unexpected hurdle and we might see the emotions in our children magnified. We can help them by acknowledging their feelings, helping them notice changes in their body when they feel a certain way, like clenched fists or a racing heart, and naming what we think they're feeling. Zones of Regulation can help. 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. Self-regulation is best described as the best state of alertness for a situation. For example, when you take part in a sports game, you would need to have a higher state of alertness than working in a library for example. Below are the zones and the emotions your child may feel in each one. Ideally, we would like to be in the green zone but we may move from one to another. Use the books below and conversations with children link to gauge how your child is feeling.



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

Book Recommendations

Books can be helpful companions in this learning for parents and for kids, to help you help your kids with their big emotions.



Useful Links

Zones of Regulation

A child-friendly introductory video about the Zones of Regulation.

<https://www.youtube.com/watch?v=MlEdDAnhqbq>

Conversations about emotions

If you find it hard to start conversations with your child, click the link below for great conversation starters and tips. <https://theconversation.com/how-to-get-your-kids-to-talk-about-their-feelings-194336>

Self - Regulation

Self regulation describes a person's ability to adjust their state of alertness, energy level, and emotions to help them attain personal goals, meet the demands of the situation around them, and gain a sense of well-being.

<https://zonesofregulation.com/3380-2/>

Please remember you can visit the Wellbeing Warrior section of our website to find further resources, links and guides to help you support your child's wellbeing.