Tips and Tools for The Zones of Regulation

How can the Zones of Regulation help your child at home?

Your Child will:

- · Recognise their own emotions.
- Know the tool they need to help selfregulate.
- · Be able to verbalise their own emotions
- · Recognise other people's emotions
- Recognise when they are becoming overwhelmed before their emotions become escalated.

Jess Bellchambers

Launch into Learning Teacher

Play Therapist