

Wednesday 17th April 2024

Dear Parents/Carers

We would like to invite you to attend a special parent workshop on the Zones of Regulation, which will help you to support your child's emotions at home. This workshop will run twice, once on **Thursday 25th April at 2pm** and again on **Friday 3rd May at 9am**. The workshop will be the same on each date so please choose one to attend. We will meet at main reception.

The Zones of Regulation is a framework that helps individuals recognise and understand their emotions, so they can express and control their emotions appropriately.



During the workshop, we will discuss the four zones - the Blue Zone (sad, tired, sick), the Green Zone (calm, happy, focused), the Yellow Zone (frustrated, anxious, excited), and the Red Zone (angry, elated, terrified).

We will explore practical strategies that you can use at home to support your child in managing their emotions effectively. We will also share language and strategies that are used in school to support your child in managing their emotions, so you can also use these at home to provide a consistent approach.

Yours sincerely

Ms L Mulligan

Assistant Headteacher & SENDCo