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9th January 2018

Dear Parent/Carer,

This half term the year 3 classes are going to be introduced to the

ZONES of Regulation®

The Zones of Regulation® curriculum (or “The Zones” for short) are lessons and activities to help children gain skills in the area of self-regulation.

Self-regulation can go by many names, such as self-control and self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library. The lessons and learning activities are designed to help the students recognise when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in.

In addition to addressing self-regulation, the children will gain an increased vocabulary of emotional terms, skills in reading other people’s facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem solving skills.

We strongly believe that all children will benefit from this programme and so will be delivering the programme through a daily 30 minute lesson. Further information on how you can support your child at home with this will be shared at a later date.

If you have any queries or would like any clarification, please do contact Ms Smith or Mrs Donley.

Best Wishes

Maxine Smith, Jacqui Donley and the Year 3 Team