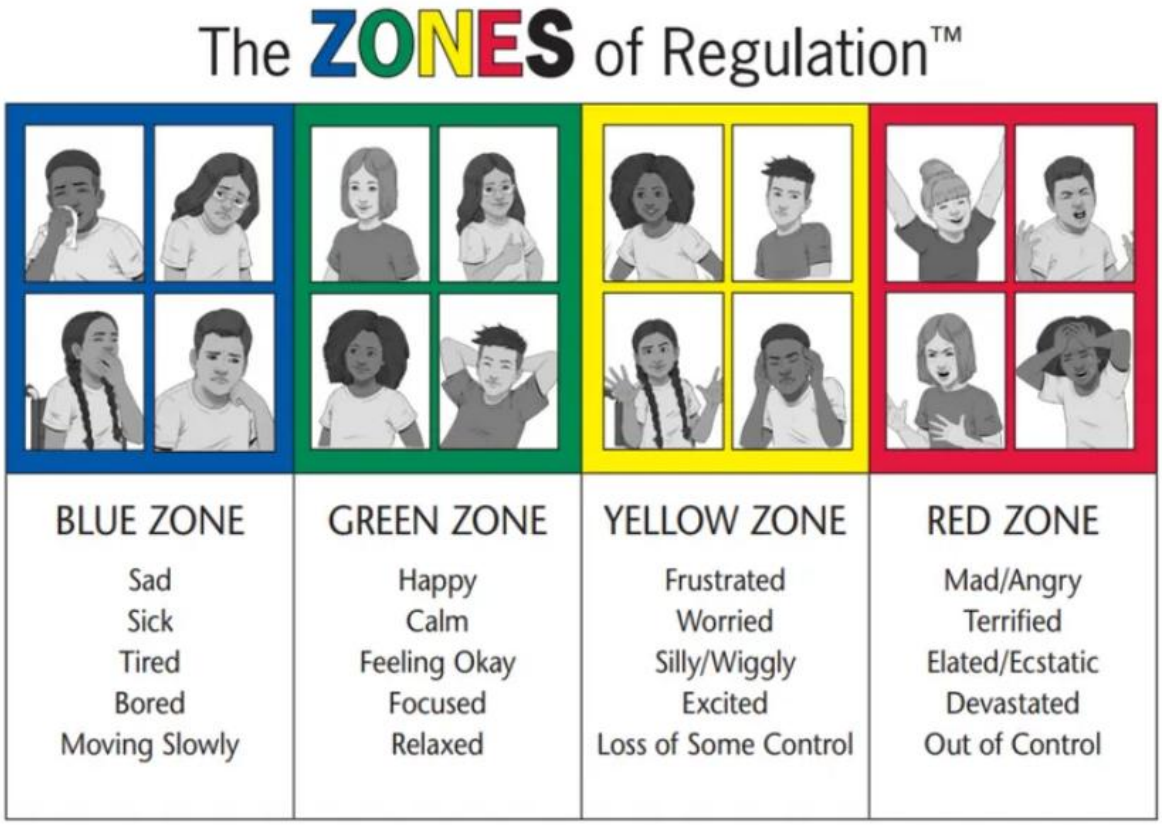


At Home

You can support you child/children at home by referring to the zones when you are talking about feelings or addressing behaviours. Consider trying some of these ideas…

- Identify your own feelings using zones language in front of your child, e.g. I'm frustrated. I think I am in the yellow zone."
- Talk about what tool you will use to be in the appropriate zone, e.g. "I need to take four deep breaths to help get me back to the green zone."
- At times, wonder which zone your child is in , e.g. "I wonder if you are in the yellow zone at the moment, you seem a bit worried."
- Discuss which zone a character in a film / book might be in.
- Engaging your child in discussion around zones when they are in the red zone is unlikely to be effective. You need to discuss the different zones and tools they can use when they are more regulated/calm.
- Explore which tools help your child return to the green zone, e.g. listening to relaxing music, colouring, squeezing a stress ball, breathing exercises etc.
- Regular check-ins, e.g. "How are you feeling now?" and "How can you get back to green?"
- Share how their behaviour is affecting your zone. For example, if they are in the green zone, you could comment that their behaviour is also helping you feel happy / be in the green zone.

- Put up and reference the zones visuals and tools in your home.
- Praise and encourage your child when they share which zone they are in.

In summary

The key message is that we want to help children all understand that it is OK to feel angry, be worried or feel scared and that they need to find ways to help themselves manage those uncomfortable feelings and self-regulate. This will also help them with their self-esteem and resilience.