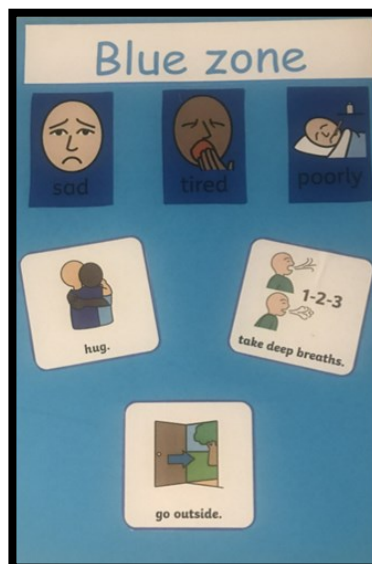
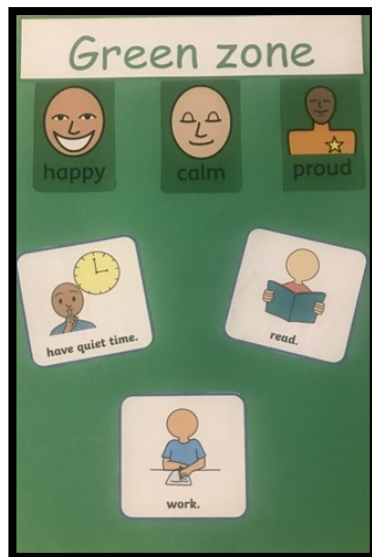
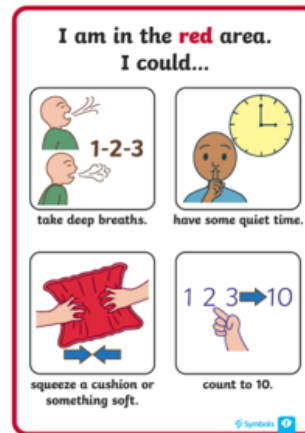




We teach children the best zone to learn in is the green zone, so we show children what to do to get to the green zone



Town Farm Primary School & Nursery



EYFS

Zones of

Regulation



Every Child, Every Day, Every Moment



At Town Farm Primary School we know that children do not automatically know how to regulate their emotions. Self regulation is the first area in PHSSE. By the end of Reception we want all children to:

- **Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.**
- **Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.**
- **Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.** [ELG: PHSE Self Regulation - EYFS Framework]

Therefore we teach children about the different emotions: what they are called and what they feel like. Staff model for children different emotions and that it is ok not to feel ok.

We discuss the emotions of characters in books and ensure we have a consistent approach. Each classroom has a 'Feelings' display.



We teach children about the 4 different zones.

