

DOTHILL PRIMARY SCHOOL

Severn Drive, Wellington, Telford, Shropshire, TF1 3JB
Telephone 01952 386870



Head Teacher: Mrs J Thomas

14th September 2026

Dear Parents and Carers,

At Dothill Primary School, we are committed to supporting not only children's academic success but also their emotional wellbeing and personal development. As part of this commitment, we are continuing to introduce and embed the Zones of Regulation across the school.

Many of the children will already be familiar with the Zones of Regulation as we introduced the programme during the summer term through a whole-school assembly. This was then followed by a series of six classroom-based assemblies where children explored each of the zones in more detail and discussed strategies to help them recognise and regulate their emotions.

We also shared information about the Zones of Regulation during Meet the Teacher meetings, and it will remain a key focus throughout the year as we continue to develop a consistent approach across the school.

The Zones of Regulation is a simple framework that helps children identify their feelings and levels of alertness using four coloured zones:

- **Blue Zone** – feeling tired, sad, poorly or low in energy
- **Green Zone** – feeling calm, happy, focused and ready to learn
- **Yellow Zone** – feeling worried, excited, frustrated or beginning to lose control
- **Red Zone** – feeling very angry, overwhelmed, frightened or out of control

An important message we teach children is that **all feelings are okay**. There are no "good" or "bad" zones. Instead, the Zones help children develop the skills to recognise how they are feeling and learn strategies to manage their emotions in a safe and appropriate way.

By using a common language throughout the school, we aim to help children:

- Develop greater self-awareness
- Understand and talk about their emotions more confidently
- Build resilience and self-regulation skills
- Improve relationships with others
- Be better prepared for learning
- Become more independent in managing challenges and strong feelings

You may begin to hear your child talking about which zone they are in or the strategies they use to help themselves. We encourage families to use this language at home too, as a shared approach between school and home can have a powerful impact on children's emotional development and wellbeing.



Email: dothill@taw.org.uk

Website: www.dothillprimaryschool.co.uk

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Thank you for your continued support as we help our children develop these important life skills. If you would like any further information about the Zones of Regulation, please do not hesitate to speak to your child's teacher.

Kind regards,

Mrs Harvey
Deputy Head Teacher

UNDERSTANDING ZONES of Regulation

All feelings are okay. It's how we manage them that matters.

The Zones of Regulation* helps children identify how they feel and what they need to stay in an optimal zone.

*Developed by Leah M. Kuppert

The Zones help children build self-awareness, manage emotions, and make positive choices.

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Low Energy	Optimal Zone	High Energy	Very High Energy
How it may look: - Sad - Tired - Sick - Bored - Moving slowly	How it may look: - Happy - Calm - Focused - Ready to learn - In control	How it may look: - Frustrated - Worried - Silly/Wiggly - Excited - Losing some control	How it may look: - Angry - Terrified - Out of control - Yelling/Hitting - Panicked
What it may feel like: Low energy, down, or not motivated.	What it may feel like: Good to go! You feel calm, ready, and able to handle what's ahead.	What it may feel like: Your engine is running high. You might feel overwhelmed or distracted.	What it may feel like: Your engine is out of control. It's hard to think clearly.
Helpful strategies: - Take a break - Get some rest - Stretch - Talk about how you feel - Engage in a quiet activity	Helpful strategies: - Keep up the great work! - Use positive self-talk - Take deep breaths - Set goals - Help others	Helpful strategies: - Take deep breaths - Move your body - Use a break or reset - Talk it out - Think positive	Helpful strategies: - Stop and take space - Take deep breaths - Use a calm-down tool - Ask for help - Wait until your body is calm

HOW YOU CAN HELP

- Talk about feelings.** Name emotions and normalize all feelings.
- Notice and model.** Help your child identify their zone.
- Offer support, not fix.** Guide them to tools and strategies that help them regulate.
- Be patient and consistent.** It takes practice to build these skills!

A GENTLE REMINDER

Regulation is a skill, not a personality trait.

With connection, practice, and the right tools, our children can learn to understand their feelings and manage them in healthy ways.

You're not alone. We're in this together.

SUPPORT TODAY. BUILD SKILLS FOR A LIFETIME.



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