



Helping your child manage and communicate their emotions: An introduction to using 'Zones' at home

Speech and Language Service




May 2021

Our Voice



Schools and Children's Services

www.enfield.gov.uk

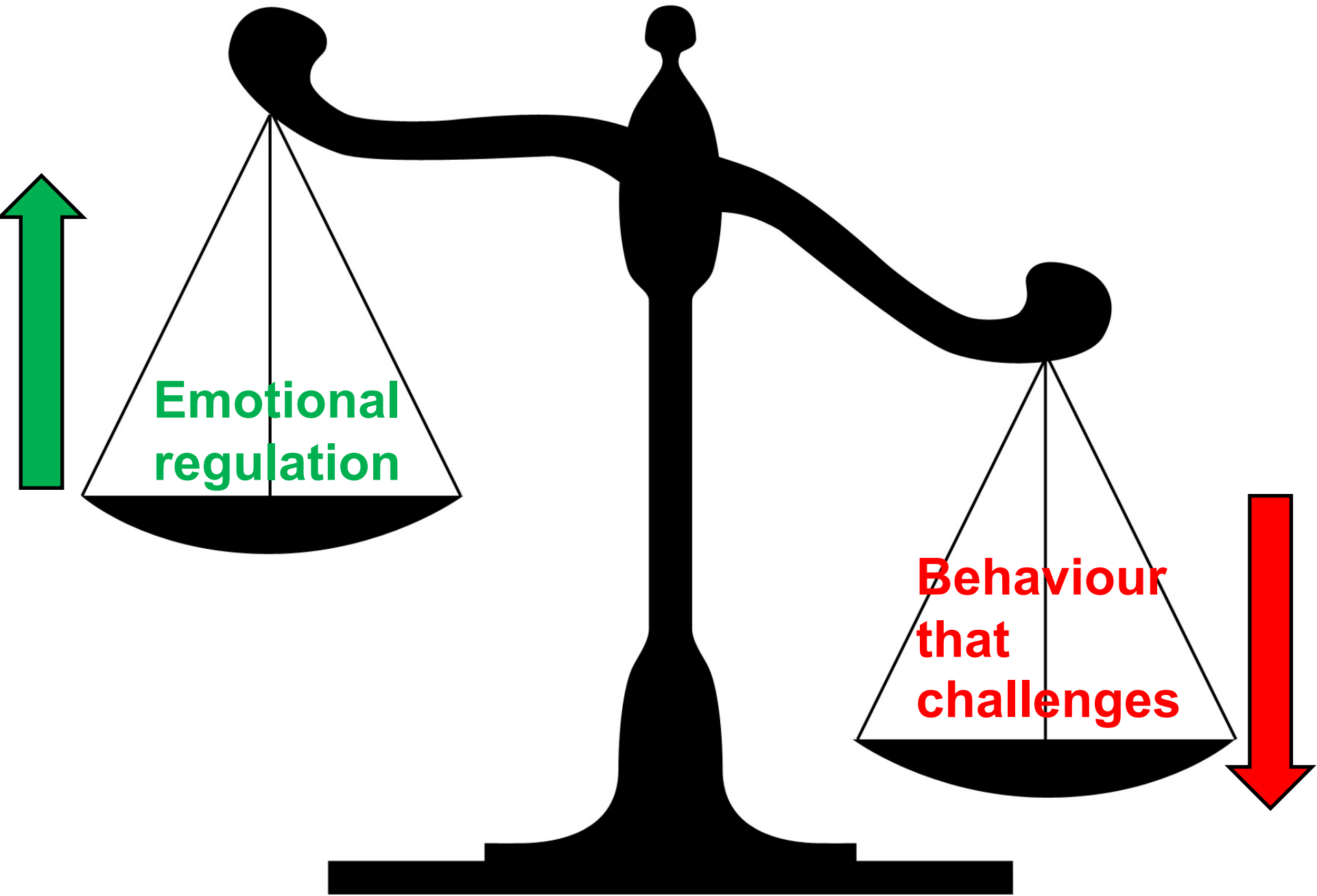
Tired Bored Sick 	Fine Good OK 	Worried Excited Angry 	Out of control Furious Elated
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	 I need... 		
 coffee	 tea	 walk	



Types of difficulty:

- Understanding own emotions.
- Expressing own emotions.
- Regulating own emotions.
- Interpreting emotions of other people.



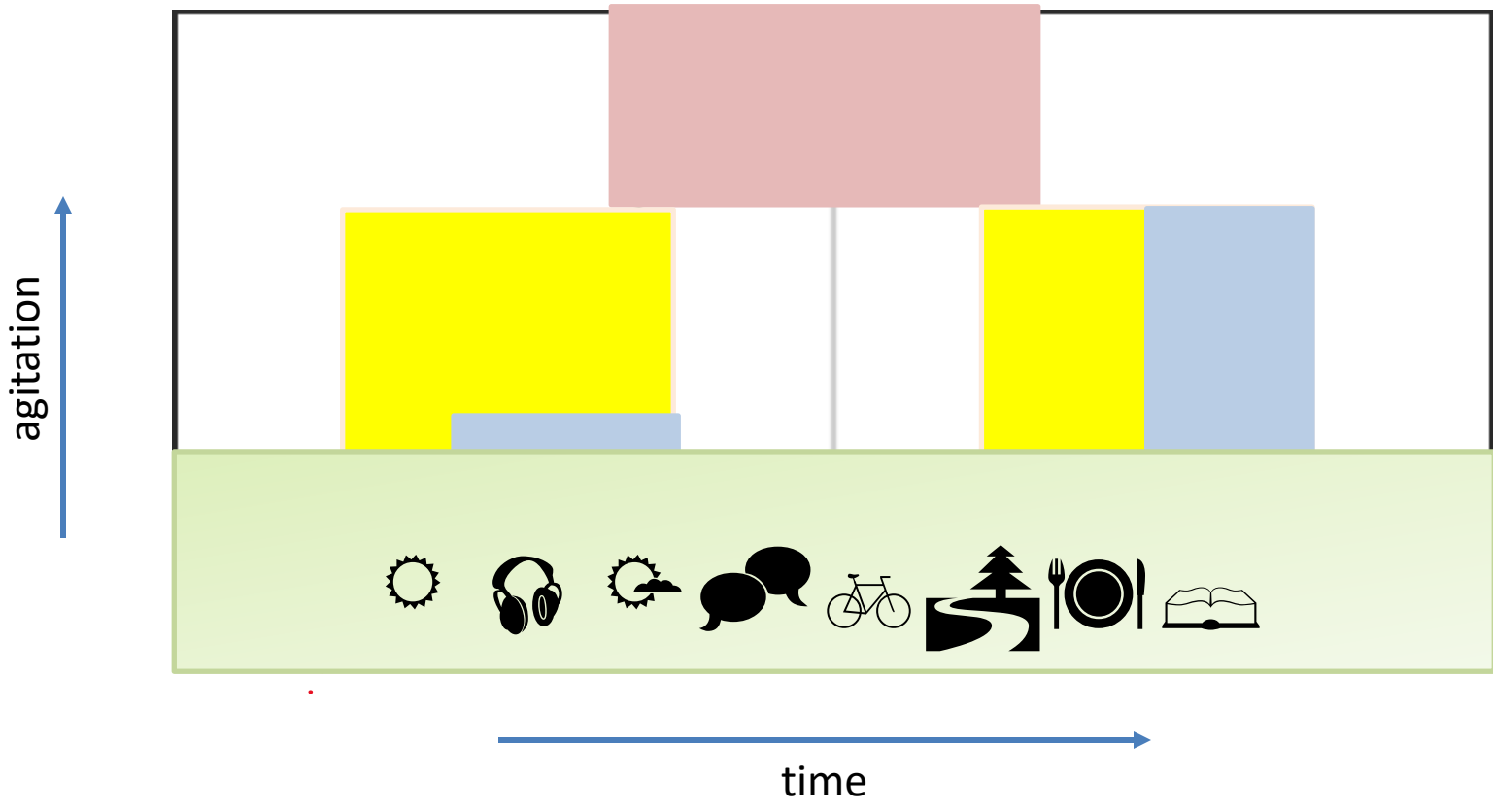
Adults looking for
clues

Adults
choosing/offering
from toolkit

Focus on adults'
role

Some pupils learn
to identify their
own zones

Pupils increasingly
take some
responsibility for
choosing from
toolkit.



What helps your child get /
stay in green zone?



blue

what you might see:



head on table



cover face with jumper



trying to sleep

I might need:



rest



quiet room



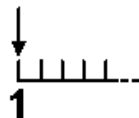
go for a walk



drink



reminder about stars



now

next



communication book

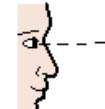


green

what you might see:



joins in



looking



looks for someone to sing with



requests tickle



smiles

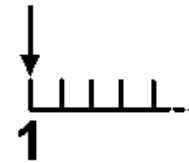
I might need:



praise



interaction



now



next



working for...



communication book



yellow

what you might see:



frown



fist

grumble



high pitch voice



shout

repeat



walk around

I might need:



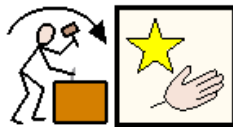
swing



gym ball



outside



OT room



drumming



Keep It Short and Simple



reminder / reassurance about working for...

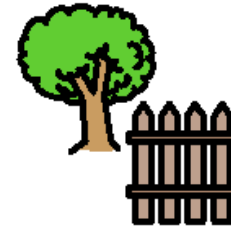


communication book



red

I might need:



outside

break

what you might see:



kicking



banging



shouting



hitting



screaming



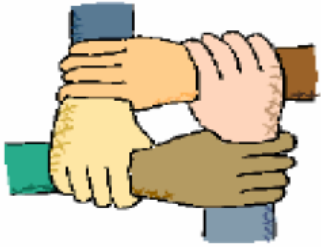
written instructions

Triggers Tool

What makes you feel upset?

(Circle all that make you feel sad, mad, scared or other feelings)

Touch

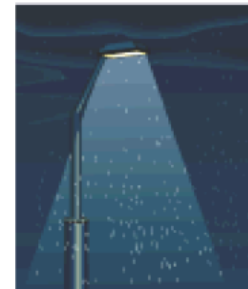


Being touched



Too many people

See



Darkness

Hear



Loud noises



Yelling



Thunderstorms



triggers



being touched



loud noise



swearing



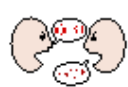
yelling



missing someone



being alone



fight with friend



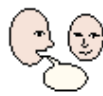
someone being mean



too many people



being told "no"



being told what to do

Needs:

- Space
- Quiet
- Calm people
- Company
- Choices
- People to be flexible
- Acknowledge feelings

tell adult

rest

drink

squeeze

music

quiet

help

communication book

time to think

Yellow

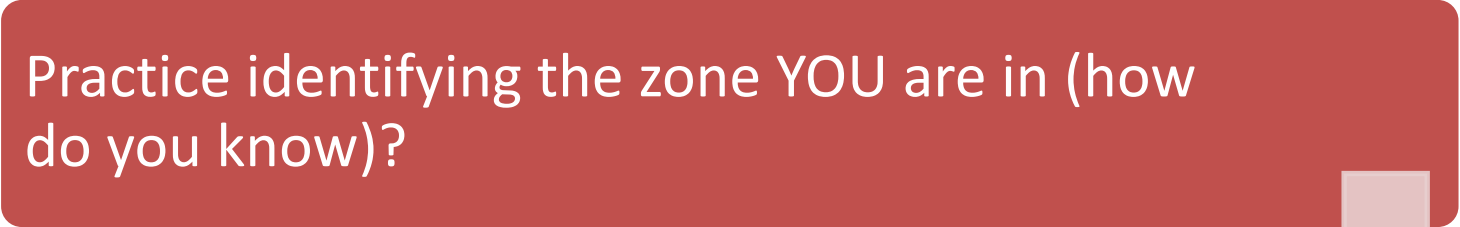
Red

Make your own fob

Blue	
Green	
Yellow	
Red	

Next steps...



Practice identifying the zone YOU are in (how do you know)?



Identify and label the zone your CHILD is in, MODEL (tell them) with picture support



Continue to work on the NEEDS that you identify for each zone.





finished



Any feedback?



What will you try?

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