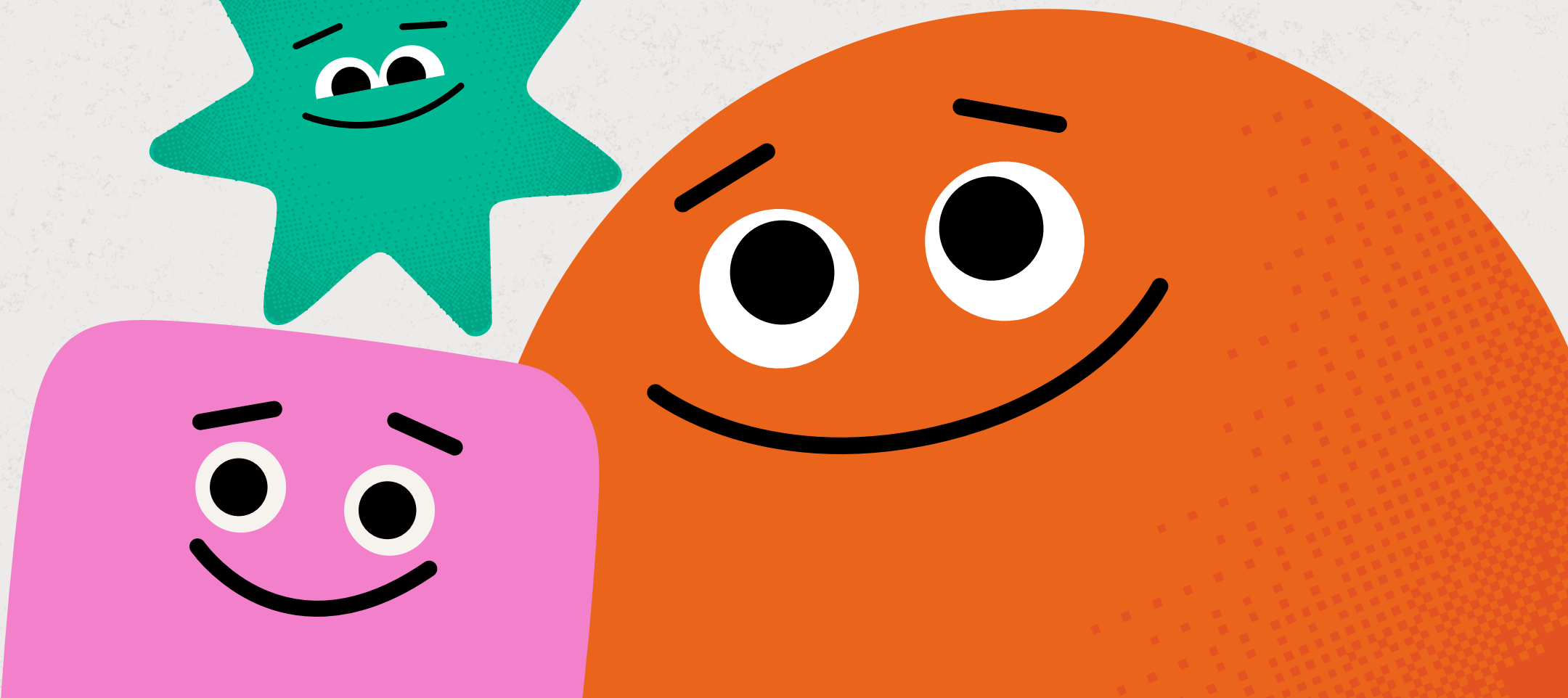




Small Steps, Big Impact: Bringing the Zones into Everyday Family Life

A GUIDE FOR PARENTS





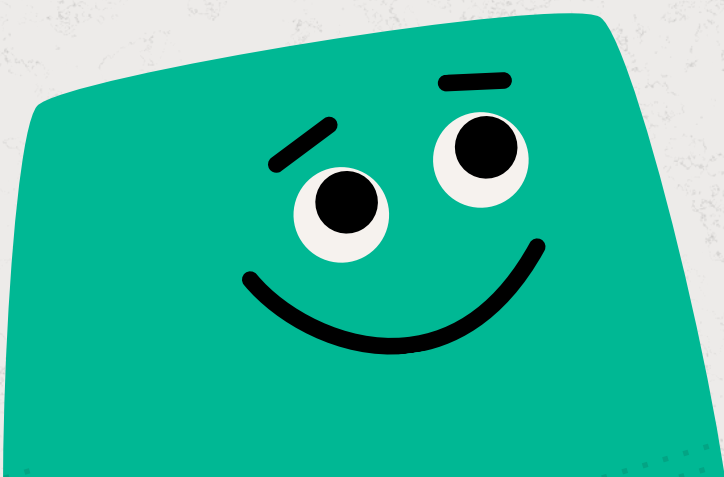
WHY SEL?

The "Big Leap" to Primary 1:

- Routines: Longer hours and structured timetables.
- Expectations: Increased independence and new rules.
- Social Scenes: Larger group & diverse friends
-

Supporting their SEL helps them:

- Be safe and ready to learn
- Foster friendship
- Manage challenges and emotions more confidently





WHAT IS ZONES OF REGULATION (ZOR)?

A simple, child-friendly, and research-based framework to guide children in developing:

Self-Awareness

"How does my body feel?"
"What is my energy level right now?"
"Which Zone am I in?"

Social Awareness

Understanding how their feelings and actions affect the people around them.

Self-Management Skills

Developing healthy and appropriate ways to regulate "uncomfortable" feelings (e.g., frustration and anxiety) or high-energy states (e.g., overjoyed).

Common Language

Establishing a shared vocabulary between school and home using the four colour Zones.

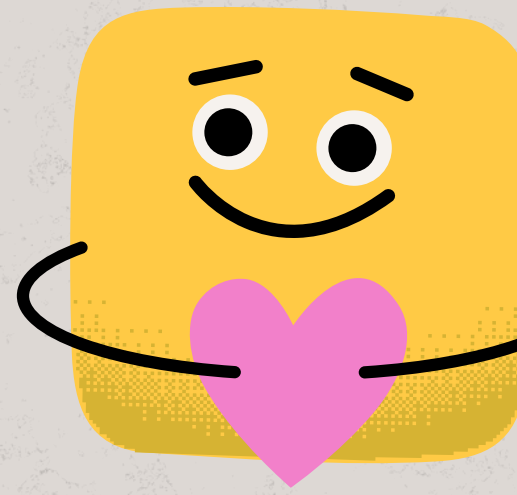
Ultimate Goal:

To support children in becoming independent, confident, and resilient learners.





SUPPORTING BIG FEELINGS



All Zones are OK; Not All Behaviors are OK

- It is okay to be in any zones. We don't punish children for how they feel, only for hurtful actions. **Separate the emotion from the behavior.**
- Validate the feeling first. "I can see you are in the Red Zone (angry), and it's okay to feel that way. But it is not okay to hit."



Co-regulation → Self-Regulation

- High stress (Red Zone) triggers the "Survival Brain" (Fight/Flight). The part of the brain that understands logic and consequences is temporarily "offline."
- Use few words, ensure safety, deep breathing → **Connection before correction**



HOW PARENTS CAN USE ZOR AT HOME

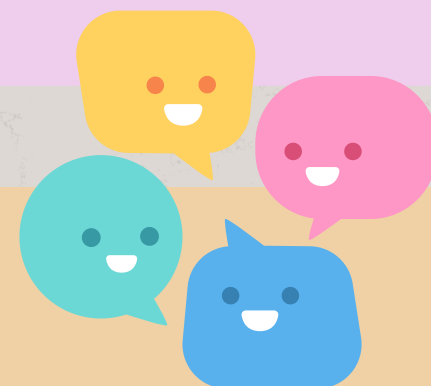
Family Check-In

- Spend some time every day to chat about their day.
- "I was in the Blue Zone because my friend said unkind things to me. How about you?"
- Encourage child to share both challenges and happy moments.
- "I was in the Green Zone when I played with my friends during recess."
- Listen, empathise and celebrate efforts before offering guidance.



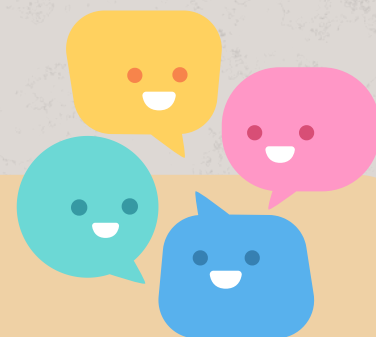
Model the Language

- Express your feelings using the ZOR language in an I-statement
- "I'm starting to feel in the Yellow Zone because the traffic is heavy and I'm worried we are going to be late for school. I'm going to take three deep breaths to stay calm."





HOW PARENTS CAN USE ZOR AT HOME



Notice their bodily signals and talk about them without judgment

- “I notice that you are biting your fingernails. Are you worried about something?”
- If the behaviour is undesirable to you, revisit the behaviour another time and suggest a replacement behaviour.



Build a ZOR toolkit together

- Work with your child to find out what helps them move between zones.
- Different tools work for different children.
- Designate a safe space in the house.



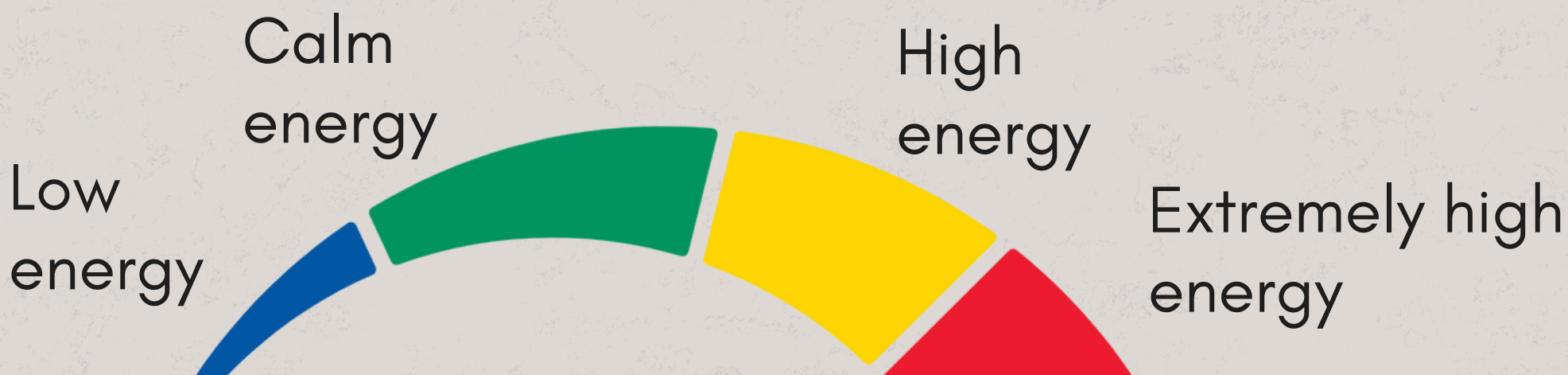


HOW PARENTS CAN USE ZOR AT HOME

From Yellow to Green

(When feeling worried, excited or restless)

- Squeeze a stress ball
- Box breathing
- Taking a walk
- Drink water
- Count slowly to 10



From Blue to Green

(When feeling sad, tired or low)

- A hug
- Sitting quietly with a soft toy
- Doodling
- A short nap
- Listen to calming music
- Stretching

From Red to Yellow

(When feeling very angry or upset)

- Sit in a quiet corner
- Hug a soft toy
- Watch an oil lava lamp
- Squeeze hands tightly and relax (progressive muscle relaxation)
- Sipping cold water
- Box Breathing



Resources for Parents

MOE Resources:

<https://tinyurl.com/MOESELOEPS>

Resource Folder:

1. MOE P1 Parent Kit
2. Check-In Poster
3. Body Signals
4. Strategies for each Zone
5. Box Breathing



Link: <https://tinyurl.com/OEPSZORResources>

