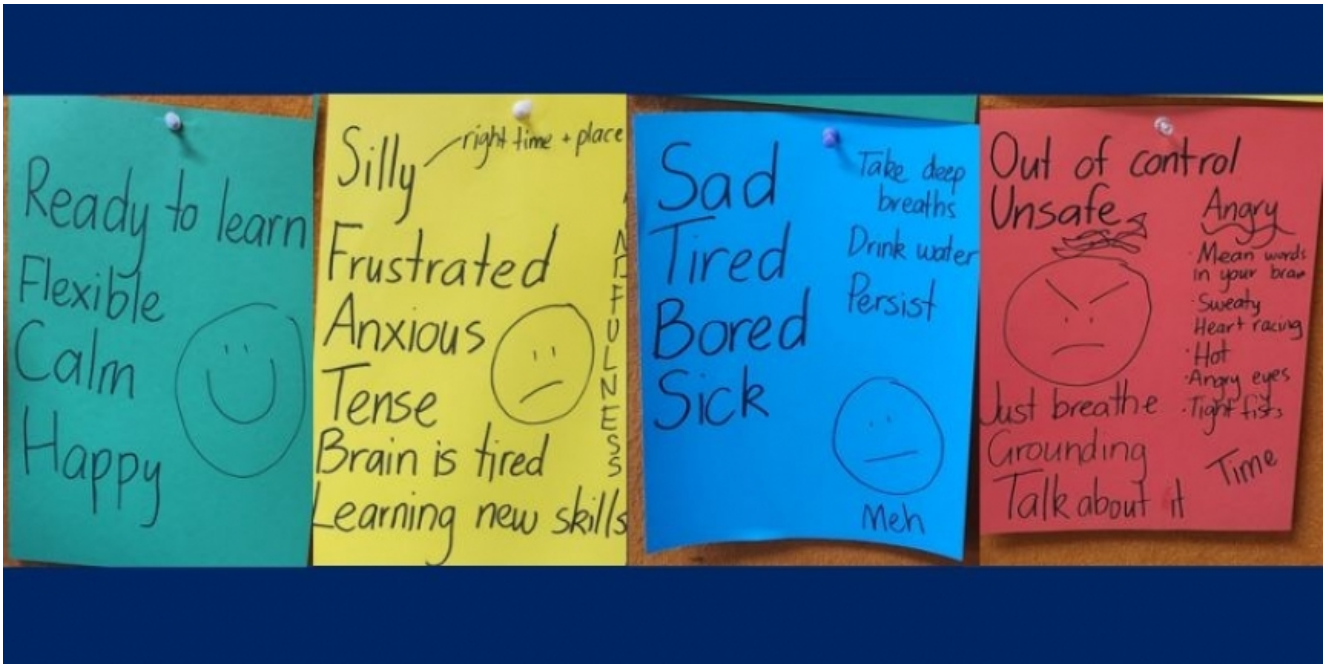
THE WAY

TERM 1 | THE WAY NEWSLETTER | MONDAY 7 APRIL 2025



YEAR 2 ZONES OF REGULATION

This term, Year 2 students have been developing their understanding of the Zones of Regulation, a framework that helps us recognise and manage our emotions.

We've explored the four zones: the Green Zone, where we feel calm, focussed, and ready to learn; the Blue Zone, when we're tired, sad, or unwell; the Yellow Zone, when we feel frustrated, anxious, or overwhelmed; and the Red Zone, when emotions feel too big to manage on our own. Importantly, students have been learning that all feelings are normal—it's what we do next that matters. We know that being in the Yellow Zone might be because we are learning a new skill – so we can persist with challenges to help us move forward. It also may be because we're excited or playing sport, at a birthday party or beating our high score on a game. We can't always be in the Green Zone and that's OK!

Each day, students are learning to recognise how they're feeling and use strategies to help move between the Zones. Simple techniques like movement breaks, deep breathing, and mindfulness help students reset when they need to refocus. Through regular discussions, they're also building a shared understanding of how to support themselves and each other.

After my glasses took a nasty tumble recently, students offered up a range of suggestions to help get me back into the Green Zone. From "Take some deep breaths," "Count to twenty," and "Have a drink of water" to "Make a coffee" and "Take a nap," Their responses were swift and genuine... they know me well and knew what would help me in that moment (even if a coffee and a nap had to wait!). Not only that, they recognised that I would need to make some adjustments and would

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need some help, now that I wasn’t able to clearly see.

It was a wonderful reminder of how much they’ve learned about emotions —and how keen they are to help and support where there is a need! They joined me in taking some deep breaths, then making a list of the things I would need to do to solve the problem of my mangled glasses.

What a blessing it is to be surrounded by our young learners who have such helpful hearts and hands!

Mrs Christine Ross
Junior School Teacher - Year 2 Team Leader

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