

## Zones of Regulation Progression Grid - Whole School

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
<p>Children will be able to identify some <b>feelings</b> say when they are <b>happy</b> or <b>sad</b></p> <p>They may know when others are happy or sad</p> <p>They will begin to talk about things in life that make people happy and sad</p>	<p>Children will be able to talk about how they are feeling using words like happy, sad, upset, <b>angry, cross, tired, excited</b></p> <p>Chn will be able to explain what the different colours represent in the <b>Zones of Regulation</b></p> <p>Chn will begin to explore ways of “getting back to green”</p>	<p>Children will understand that the Zones of Regulation is a pictorial representation of how people feel</p> <p>Children will be able to name different emotions for each zone to include: Happy, sad, <b>upset, angry, cross</b>, unhappy, bored, tired, relaxed, calm, <b>worried</b></p> <p>Chn will be able to give examples of how people “get back to green”</p> <p>Some children will be able to say what strategies they use to “get back to green”</p>	<p>Children will use Zones of Regulation as a reference for their own feelings</p> <p>Children begin to understand that how we behave may tell another person how we are feeling</p> <p>Chn become aware of how their behaviour makes other people feel</p> <p><b>Exhausted, bored, proud, calm</b>, relaxed, worried, mean, mad – plus previous vocab</p>	<p>Children will create their own Zones of Regulations resources eg personal leaflet or class display</p> <p>Chn will understand and accept that all emotions are valid and are experienced in different circumstances but it is the way we express emotion that makes it <b>appropriate or inappropriate</b></p> <p>Chn will learn to use terms such as <b>relaxed, unsettled, agitated</b></p>	<p>Children will continue to develop their understanding of how the way emotions are expressed makes other people feel (<b>empathy</b>) and start to moderate their own negative emotions in a way that does not <b>impact</b> negatively on others</p> <p>Chn will understand that events can and do change the way they are feeling and can talk about some of these <b>Out of control, confused, thankful, elated</b></p>	<p>Children will be able to explain why we use the Zones of Regulation and how it helps us in school</p> <p>Children will begin to reflect upon their own behaviours and how their emotions may be triggered</p> <p>Children understand that success is more probable if they remain in the green zone</p> <p>Chn will begin to understand and use idioms to express emotions</p> <p><b>Content, overwhelmed, depressed, anxious, elated</b></p>

NB All planning taken from Zones of Regulation Folder – each year all prior vocab will be revisited to support children who are at a more developmental stage of emotional literacy.

Lessons will be taught in order – teachers to adapt and utilise as appropriate to their age group - but parts may be excluded if they are clearly embedded within children’s learning eg vocab of happy/sad and creation of a poster/display.