



High aspirations - Valuing learning – Achievement for all

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The **ZONES** of Regulation®

20th May 2022

Zones of Regulation parent workshops

Dear Parents,

As a school, we use the 'Zones of Regulation' intervention to both teach about and support children to regulate their emotional wellbeing. This includes thinking about how each emotion might look, feel like, sound like, making a toolkit of ideas which we can use when we need to regulate our emotions – either because we feel down (blue zone) or because our emotions are heightened (yellow zone) or out of control (red zone).

We would like to invite parents to a practical, hands-on workshop which not only gives more information about the Zones of Regulation but will give you chance to work with your child to build your own toolkits, try out calming strategies, and play some emotions games.

These workshops will be held on **Tuesday 14th June**, with a choice of attending a 9am-10am session, or 2pm – 3pm session. It would be great to have as many of you as possible attending to work alongside your children to build a 'bank' of ideas that we find work in school to regulate emotions.

If you would like to attend, please do complete the slip below and return to the school office. If you would like any more information, please see Mrs Lovely, Mrs Brice or Mims Yacomeni.

Many Thanks

Laura Lovely
Senco

I / we, parent(s) of _____ would like to attend the Zones of Regulation workshops on Tuesday 14th June.

Please circle the time slot you would like to attend: 9am – 10am **or** 2.00pm – 3.00pm

