

Mental Health and Wellbeing Newsletter – October 2025



Welcome

Welcome back to a new school year! It is so lovely to see everyone back in school. The start of a new year can cause lots of emotions, such as happiness, excitement, sadness or worry. It's perfectly normal to feel any of these things, or even a mixture. It can be useful to help your child recognise how they're feeling and anything that can be done to help them.

Zones of Regulation

At Redwood, we use the Zones of Regulation to help our children become more aware of their emotions. The Zones of Regulation organises different emotions, states of alertness and energy levels into four different zones – red, yellow, green and blue. Being aware of our feelings can then allow us to self-regulate to meet our goals.

What are the Zones?

- **Green**

The GREEN ZONE describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone. The nervous system feels safe, organized, and connected in the Green Zone, helping us be primed to learn.

Feelings may include: happy, calm, proud, focused

- **Yellow**

The YELLOW ZONE describes when our energy is higher, and our internal state starts to elevate. Our emotions get a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the Yellow Zone.

Feelings may include: worried, excited, silly, frustrated

- **Red**

The RED ZONE describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified when in the Red Zone.

Feelings may include: elated, angry, terrified, out of control

- **Blue**

The BLUE ZONE describes low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored. Our energy is low and our body is moving slowly when we are in the Blue Zone.

Feelings may include: sad, bored, sick, tired

Our Aim:

At Redwood Primary School we are committed to supporting the emotional health and well-being of our pupils, parents and staff. Everyone experiences life challenges that can make us vulnerable, and anyone may need additional emotional support. Positive mental health is everybody's business and we all have a role to play.

The Well Being Team

Mrs Collins - Designated Mental Health and Well Being Lead

Mrs Clark – Assistant Head and SEND Coordinator

Miss Beswick, Miss Nicholson, Mrs Ratcliffe and Mrs Roe – Learning Mentors



The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

Regulation Strategies

The optimal zone for learning is the Green zone, but we understand that children can experience a range of zones throughout the day. There are a variety of regulation strategies that can be used to help return to the Green zone.

- Breathing exercises
- Take a walk
- Active bursts
- The 5, 4, 3, 2, 1 Method:
 - The 5-4-3-2-1 method works like this:
 - Name five things you can see.
 - Name four things you can feel.
 - Name three things you can hear.
 - Name two things you can smell.
 - Name one thing you can taste.

Getting into the green zone...

