



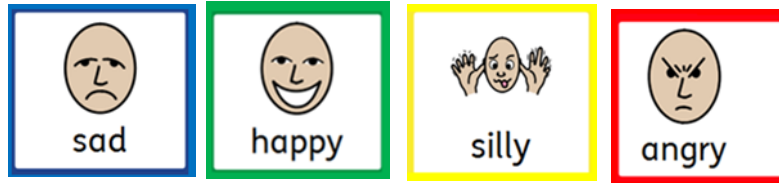
Colvestone Primary School

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Zones of Regulation

Dear Parent/Carer,



As part of an initiative to boost language levels of all children in Colvestone Primary School, your child is taking part in weekly, whole-class sessions about the **'Zones of Regulation.'** These sessions explore core feelings to help children to name and categorize their emotions, e.g., *happy, sad, silly, angry*, in a fun and interactive way. Sessions are led by Colvestone's Speech Language Therapist, Carly Simonaitis.

Sessions introduce vocabulary around an emotion, how to recognize the feeling, and what we feel when we're in that zone, e.g. *green, blue, yellow, or red zones*.

You can help your child explore these feelings further by asking them about how they are feeling and what zone are they in. If you have any questions, contact your child's class teacher or link therapist.



My name is Carly Simonaitis, and I am the Speech and Language Therapist who will be working at Colvestone Primary School for the 2023-2024 school year.

I will be working at Colvestone on Mondays.

Email: c.simonaitis@nhs.net

If you would like to find out more about Zones of Regulation, please go to our SEND page on our website.

[SEN and Inclusion - Colvestone Primary School](#)