Year 4 Reading Retrieval – Zones of Regulation at All Saints.

Read the text carefully before answering the questions.

The Zones of Regulation help us understand and manage our emotions and behaviour. The zones use colours to describe different feelings and levels of alertness.

The Blue Zone is used for low-energy feelings such as sadness, tiredness or boredom. When we are in the Blue Zone, we may need rest, encouragement or movement to help us feel ready to learn again.

The Green Zone is the best zone for learning. In the Green Zone, we may feel calm, happy, focused and ready to participate. Our teachers encourage us to spend as much learning time as possible in this zone.

The Yellow Zone describes feelings that are stronger or more uncomfortable, such as frustration, worry, silliness or excitement. In this zone, we may begin to lose focus or struggle to stay calm. Taking deep breaths, talking to an adult or using calming strategies can help us return to the Green Zone.

The Red Zone is used for extremely strong feelings such as anger, panic or being out of control. When we are in the Red Zone, we may need time, space and support to help us regulate our emotions safely.

The Zones of Regulation are not about being "good" or "bad". Everyone experiences different zones throughout the day. Learning to recognise emotions and use strategies can help us manage our feelings and make positive choices.

🔍 **VIPERS Questions – Answer in full sentences. Use the text to help you.**

V – Vocabulary

1. The text says we may need help to "regulate" our emotions. What does the word *regulate* mean?

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2. Find and copy one word that means *annoyance*.

I – Inference

3. Why do teachers encourage us to stay in the Green Zone during lessons?
   Use the text to explain your answer.

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4. Why might talking to an adult help somebody in the Yellow Zone?

P – Prediction

5. What might happen if somebody stayed in the Red Zone for a long time without support? **Use ideas from the text to explain your prediction.**

E – Explain

6. Why does the author explain that the zones are not about being "good" or "bad"? Explain your answer using the text.

R – Retrieval

7. Which zone is linked to feeling calm and focused?