Year 5 Reading Retrieval – Zones of Regulation

Read the text carefully before answering the questions.

The Zones of Regulation help us understand, manage and reflect on our emotions and behaviour. The zones use colours to describe different feelings and levels of alertness, helping us recognise how we are feeling throughout the day.

The Blue Zone is linked to low-energy emotions such as sadness, boredom, tiredness or disappointment. When we are in the Blue Zone, we may find it difficult to concentrate or stay motivated. Strategies such as movement breaks, encouragement or rest can help us feel more prepared for learning.

The Green Zone is considered the best zone for learning because it is where we feel calm, focused, happy and in control. When we are in the Green Zone, we are more likely to listen carefully, cooperate with others and make positive decisions. Although everyone moves through different zones during the day, teachers encourage us to return to the Green Zone whenever possible.

The Yellow Zone describes emotions that are stronger or more overwhelming, such as frustration, nervousness, excitement or silliness. In this zone, we may begin to lose concentration or react more quickly without thinking carefully. Calming strategies such as deep breathing, taking time to pause or speaking to a trusted adult can help us regulate our emotions and return to the Green Zone.

The Red Zone is linked to extremely intense emotions such as anger, panic or feeling out of control. When we are in the Red Zone, it can be difficult to think clearly or make safe choices. At these times, we may need support, space and time to help us feel calm again.

The Zones of Regulation are not designed to label emotions as “good” or “bad”. Instead, they help us recognise our feelings, understand our reactions and choose appropriate strategies to manage ourselves successfully.

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

V – Vocabulary

1. The text says the zones help us “regulate” our emotions. What does the word *regulate* mean in this text?

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2. Find and copy one word which means *very strong or powerful*.

I – Inference

3. Why is the Green Zone described as the best zone for learning?

Use evidence from the text to explain your answer.

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4. Why might somebody in the Yellow Zone react quickly without thinking carefully?

Use the text to support your ideas.

P – Prediction

5. What might happen if we did not learn strategies to help regulate our emotions? Explain your prediction using evidence from the text.
