Lotus
Academy

Zones of Regulation Curriculum Learning for Life



Lotus Academy

Subject Overview

Intent

The Zones of Regulation curriculum is carefully sequenced to develop pupils' understanding of emotions and their ability to manage them effectively. Pupils are supported to recognise and understand a wide range of emotions and feelings, identify these within themselves and others, and develop practical strategies to regulate their responses when faced with different situations and challenges.

Learning about emotional regulation is embedded within The Lotus Way and threaded throughout the wider curriculum, ensuring that pupils have regular opportunities to apply and strengthen these skills in meaningful contexts. This enables pupils to navigate their time in school successfully and supports them in developing the emotional awareness, resilience and self-regulation skills needed to thrive within the wider community.

The curriculum is both ambitious and inclusive, providing a clear pathway for all pupils, regardless of their starting points or previous disruptions to learning. Through a structured progression of knowledge, understanding and practical strategies, pupils are empowered to understand their emotions, respond appropriately to challenges and develop the confidence and independence needed for success in school and beyond.

Implementation

At Lotus Academy, the Zones of Regulation curriculum is a key component of our therapeutic and relational approach, supporting pupils to develop the emotional awareness, self-regulation and resilience needed to be successful in school and beyond. The curriculum is carefully sequenced to enable pupils to understand, recognise and manage their emotions, while developing the skills required to respond positively to a range of social, emotional and environmental demands.

The curriculum begins by helping pupils develop a secure understanding of different emotions, what they look like, how they feel, and how they can be categorised within the four zones. As pupils progress, they learn to identify emotions in themselves and others through facial expressions, body language, physical sensations and behavioural responses. This knowledge is further developed through exploration of triggers, personal experiences and the impact that emotions and behaviours can have on relationships, learning and wellbeing.

As pupils' understanding grows, the focus shifts towards developing a personalised toolkit of regulation strategies. Pupils learn and practise a range of sensory, cognitive and emotional regulation techniques, enabling them to make informed choices about the strategies that best support them in different circumstances. Opportunities to rehearse, apply and evaluate these strategies are embedded throughout the school day, ensuring that learning extends beyond discrete lessons and becomes part of everyday practice.

Teaching is adapted to meet the diverse needs of our SEMH learners through the use of visual supports, modelling, structured discussion, explicit teaching, practical activities and regular opportunities for reflection. The curriculum is closely aligned with The Lotus Way and is reinforced consistently across all areas of school life, providing pupils with a shared language and understanding of emotional regulation.

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Through this ambitious and highly supportive curriculum, pupils develop the knowledge, understanding and practical skills needed to recognise and regulate their emotions, manage challenges, build positive relationships and engage more successfully with learning. Ultimately, the curriculum aims to equip pupils with the confidence, resilience and self-awareness required to navigate both school and the wider community effectively.

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Zones of Regulation LTP

		Spring 1	Summer 1
Year 3/4	Emotional Awareness and Vocabulary Recognising Emotions in Self and Others Understanding the Zones of Regulation Developing Empathy and Perspective-Taking Social Impact and Relationships	Emotional Awareness and Identification Understanding Emotional Fluctuation Recognising Personal Triggers Reflection on Behaviour and Impact Problem-Solving and Self-Regulation Readiness for Learning	Independent Self-Regulation Recognising Early Signs of Dysregulation Choosing Appropriate Regulation Tools Applying Strategies in Everyday Situations Promoting Success Through Regulation
	Autumn 2	**Spring 2**	**Summer 2**
Year 3/4	Self-Awareness and Emotional Recognition Understanding Triggers and Influences Acceptance of All Emotional States Awareness of Behaviour and Its Impact Regulation in Different Contexts	Understanding and Using Self-Regulation Tools Developing Personal Regulation Strategies Building Self-Awareness and Independence Developing Thinking and Problem-Solving Skills Understanding the Connection Between Thoughts, Feelings and Behaviour	Increasing Independence in Self-Regulation Applying Strategies Across Different Contexts Strengthening Problem-Solving and Decision-Making Embedding Positive Behaviour and Regulation Habits Celebrating Success and Building Motivation
	Autumn 1	**Spring 1**	**Summer 1**
Year 5/6	Emotional Awareness and Vocabulary Recognising Emotions in Self and Others Understanding the Zones of Regulation Developing Empathy and Perspective-Taking Social Impact and Relationships Regulation in Different Contexts	Emotional Awareness and Identification Understanding Emotional Fluctuation Recognising Personal Triggers Reflection on Behaviour and Impact Problem-Solving and Self-Regulation Readiness for Learning	Independent Self-Regulation Recognising Early Signs of Dysregulation Choosing Appropriate Regulation Tools Applying Strategies in Everyday Situations Promoting Success Through Regulation
	Autumn 2	**Spring 2**	**Summer 2**
Year 5/6	Self-Awareness and Emotional Recognition Understanding Triggers and Influences Acceptance of All Emotional States Awareness of Behaviour and Its Impact Regulation in Different Contexts	Understanding and Using Self-Regulation Tools Developing Personal Regulation Strategies Building Self-Awareness and Independence Developing Thinking and Problem-Solving Skills Understanding the Connection Between Thoughts, Feelings and Behaviour	Increasing Independence in Self-Regulation Applying Strategies Across Different Contexts Strengthening Problem-Solving and Decision-Making Embedding Positive Behaviour and Regulation Habits Celebrating Success and Building Motivation