

# SEL Spotlight: Brookwood Elementary

Social Emotional Learning Spotlight: Brookwood Elementary School

## The ZONES of Regulation

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

Social emotional learning (SEL) is an essential component of education and human development. **SEL is the process of developing self-awareness, self-management, relationship building, responsible decision making and other interpersonal skills that are vital for success.**

Originally formed at the start of the 2020-2021 school year, Brookwood Elementary School's Social Emotional Learning Committee remains strong. The committee focuses on the social emotional needs of all stakeholders at Brookwood Elementary School and meets at least once a month to build upon the foundation of fostering a positive culture and climate.

The Zones of Regulation curriculum is one example of creating positive culture and climate at Brookwood. The zones teach students self-regulation, or the ability to achieve the preferred state of alertness for the given situation. Each of the four

zones: blue, green, yellow, and red, represent a state of alertness of both the body and emotions.

- Blue Zone – A low state of alertness; feeling sad, tired, sick or bored.
- Green Zone – The ideal state of alertness; feeling calm, happy, focused or content.
- Yellow Zone – A heightened state of alertness; feeling stress, anxiety, excitement or silliness.
- Red Zone – An extremely heightened state of alertness; feeling anger, rage, explosive behavior, panic, or grief.

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All zones are natural to experience and there are no “bad” zones. The framework provides students with consistent, common language to understand their feelings and level of alertness. Additionally, it teaches students how to recognize and manage their Zone based on the environment around them. For example, when students are playing at recess, they may be in the Yellow Zone, feeling excitement and silliness. However, when students transition to the quiet environment of the library, students may still be in the Yellow Zone, but will have to manage their emotions differently to meet behavioral expectations.

In order to reinforce the Zones, several staff members recently created a Zones of Regulation video that students found educational and humorous.

In December 2021, the SEL Committee hosted Drummers with Attitude to practice “PAW-some” assembly behavior while also reviewing Zones of Regulation. The assembly brought together Brookwood students with other Bristol Township School District students involved in DWA to foster a greater sense of community, collaboration, and connection.

Brookwood is planning to form a Student SEL Committee, which will start at the beginning of 2022-2023 school year. Current third and fourth grade students were surveyed about joining the committee and 78% reported interest. Brookwood’s SEL Committee will send out application forms to those who expressed an interest, review submissions, and select students.

Brookwood Elementary is dedicated to “Every Student! Every Day!” and we strive to learn and grow together providing a safe, nurturing and inclusive learning environment.

**We Are . . . BROOKWOOD!**

**You Matter!**

**Joyful Teaching! Joyful Learning!**