

BHA SEND Resource Hub

Summer Term 2 - 2026

A Message from Ms Farida

Welcome to our Summer 2 SEND Resource Hub.

This half term we are sharing two of the strategies that are used throughout Barnet Hill Academy to help children regulate their emotions, develop independence and feel confident in their daily routines.

These approaches are used across classrooms and intervention spaces and can also be adapted for use at home. Working together helps children feel more secure and confident as they move between home and school.

Zones of Regulation



The Zones of Regulation is an approach that helps children understand their emotions and recognise how they are feeling throughout the day.

Children learn that all feelings are normal and belong in different 'zones'.

Blue Zone: tired, sad, ill, bored.

Green Zone: happy, calm, focused, ready to learn.

Yellow Zone: excited, worried, frustrated, silly.

Red Zone: angry, out of control, very upset.

The aim is not to keep children in the Green Zone all the time. Instead, children learn to recognise their emotions and choose strategies that help them regulate their feelings.

How we use this in school

- Identify which zone they are in.
- Talk about how they feel.
- Choose an appropriate calming strategy.
- Return to learning when they are ready.
- Many classrooms have Zone displays, feelings visuals, calm-down strategies, breathing reminders and individual regulation tools.

How parents can help at home

- Ask 'Which zone are you in today?'
- Talk openly about feelings.
- Model your own emotions.
- Use calming strategies such as deep breathing, drawing, listening to music, reading or quiet time.

Visual Timetables



Visual timetables use pictures and symbols to show children what will happen during the day.

Knowing what comes next reduces anxiety and helps children prepare for changes in routine.

Visual timetables support many children, including those with autism, ADHD, speech and language needs, working memory difficulties and anxiety.

How we use them in school

- Explain routines.
- Prepare pupils for transitions.
- Reduce uncertainty.
- Remind children what comes next.
- Support independence and confidence.

How parents can support at home

- Create a simple visual timetable using photographs, drawings, symbols or printed pictures.
- Example morning routine: Get dressed → Eat breakfast → Brush teeth → Go to school.
- Example after-school routine: Snack → Homework → Play → Dinner → Bedtime.

Working Together

Many of the strategies used in school are simple enough to use at home too.

By using consistent language, routines and visual supports, children receive the same messages in both environments, helping them feel secure, confident and ready to learn.

Thank you for continuing to work in partnership with us to support your child's learning and wellbeing.