

# Using emotion scales and regulation prompts

## Cotteridge Primary School

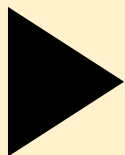
### What is this showcase about?

Teachers at Cotteridge Primary School share how personalised visual supports, such as emotion scales and regulation prompts, are built into a calm classroom area. The supports help pupils recognise and communicate feelings, choose regulation strategies and access support with greater independence.

### Expect to see...

- Examples of emotion scales, colour-zone cards and an example poster to use
- A calm classroom area where pupils can choose visual prompts and regulation tools
- A teacher video explaining how the supports are introduced and used in daily routines

#### Watch



**Video Explainer**

#### View



**Classroom Photos**

#### Download



**Zones of Regulation Poster**