

Zones of Regulation Research Opportunity for 2025/2026

Are you using the Zones of Regulation Digital Curriculum across your whole school in 2025/26?

Would you like support and feedback to help embed it as a whole-school approach?

If so, University of Exeter researchers can work with you to collect data to track progress and provide additional professional development and resources to support teachers using the curriculum.



Our previous research

In 2024/25, we worked with five primary schools using the Zones Digital Curriculum in EYFS and KS1. We supported them with professional development and resources to help embed the curriculum.

We found the curriculum improved pupils' emotional regulation, encouraged teachers to reflect on how they talked about behaviour and emotions, and the support helped sustain enthusiasm and consistency.

Building on this, we're now exploring how schools move from using Zones in one class or year group to adopting it as a whole-school approach.



Support for the curriculum

We will draw upon our [research on implementation](#) for the Education Endowment Foundation to support schools and teachers using the programme. Fitting needs and context, it is likely to involve coaching for the staff member leading implementation of the Zones, support writing an implementation plan, professional development introducing Zones of Regulation to teachers new to the programme, mapping of activities to different Year groups, helpful reminders, sharing key messages from data collected, planning to sustain using the Zones in future.

Which schools are eligible?

We're looking for schools that used the digital curriculum in 2024/25 and are now planning to expand its use.



We recommend participating only if:

- The staff member leading implementation has time to support data collection and engage with the additional support.
- Your school plans to continue using the Zones in future years, assuming ongoing benefits for staff and pupils

More about the research

We want to understand whether our implementation support helps schools deliver the Zones of Regulation curriculum more effectively and improves pupils' emotional outcomes. Each participating school will receive a summary of their data, showing whether the curriculum made a difference and what supported or challenged teachers during implementation.

What we offer:

- Implementation support at no cost to schools.
- One free license per school for the Zones of Regulation Digital Curriculum.
- Access to our professional development and tailored resources.
- Draft information about data collection for schools to send to parents.

Timing & Flexibility: While we expect most schools to begin using the curriculum early in the Autumn Term, we can work with schools at any point during the academic year. The only requirement is that we collect baseline data from pupils before they begin engaging deeply with the curriculum, so we can track progress over time.

Data Collection:

- Brief pupil or teacher surveys before and after curriculum delivery.
- Teacher checklists on acceptability and fidelity.
- End-of-year interviews with a small number of participating teachers.

We've applied for funding to cover teacher time for data collection, though please note this is not yet confirmed.

School liaison: We ask each school to nominate a key contact – ideally the person leading Zones implementation – to coordinate data collection and circulate resources to teachers.

Interested in finding out more?

Please get in touch with Darren Moore d.moore@exeter.ac.uk to set up a call to discuss. We aim to confirm participating schools by October Half-Term.