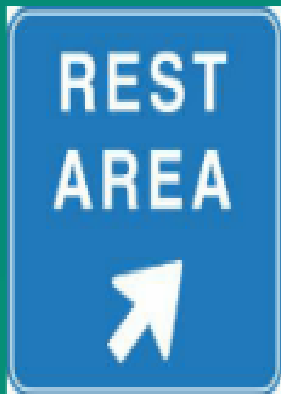


Zones of Regulation



What is self regulation?

The ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.



What do you do
when your body
feels cold?





What do you do
when your body
feels hot?



Our Feelings

In school we help the children to:

- Self-regulate using consistent routines and modelling calm behaviour
- Name their feelings and support them to develop strategies to manage these feelings.





www.youtube.com/watch?v=68Ta6crRe4Y

The Colour Monster Song

<https://www.youtube.com/watch?v=BCKrrBNmr74>



How are you feeling today?



happy



sad



angry



calm



scared



mixed up



loving

ANNA LENAS

The Colour monster

goes
to **SCHOOL**

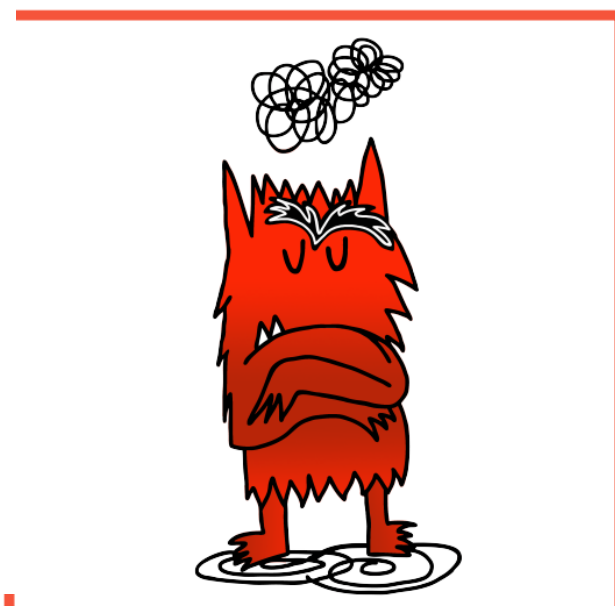
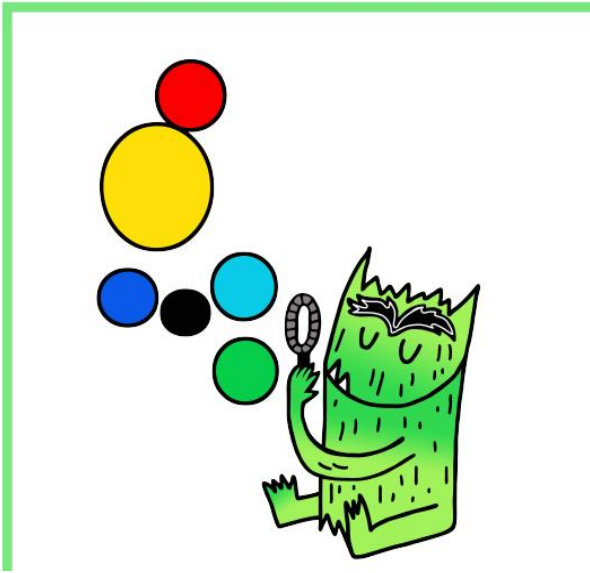


<https://www.youtube.com/watch?v=vj5V9tPY04Q>

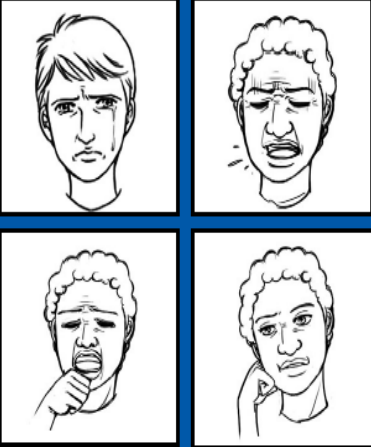

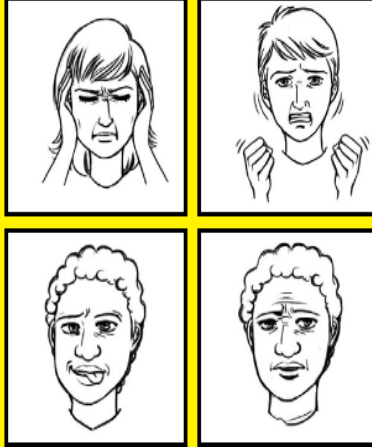

The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

How does my brain
and body feel?

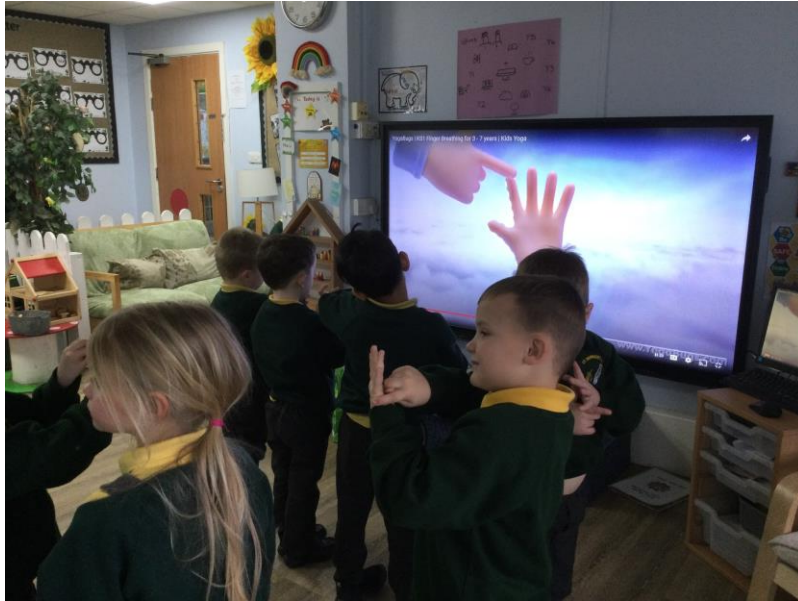




The four zones are:

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

<https://www.youtube.com/watch?v=c2U3iBJonmU>



All zones are OK! All feelings are OK!

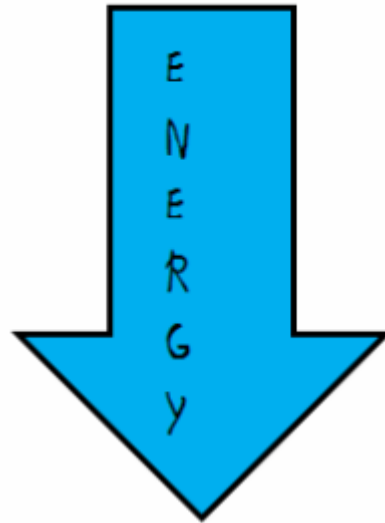
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.



The Blue Zone

We are expected to be in the Blue Zone just before bed time or when we are watching the TV. We are running slow! We might be tired or sad. This is not the expected zone to be in for learning.

How does my body feel?



How does my brain feel?



Tired



Hurt



Sad

BLUE ZONE FEELINGS



Bored

Lonely



Sick

Sleepy



Bluey Moments

<https://www.youtube.com/watch?v=zCqRZefl5n>

!



BLUE ZONE

Strategies:

- Draw
- Positive Self-Talk
- Take a Walk
- Get a Drink of Water
- Exercise
- Write in a Journal
- Talk to an adult
- Listen to music

The **green** zone.....the learning zone!!
We are expected to be in the **Green Zone** while we are learning. It is when our brains and bodies are relaxed and focused!

How does my body feel?

My energy level is "just right"

I am calm, focused and ready to learn!



How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

Happy

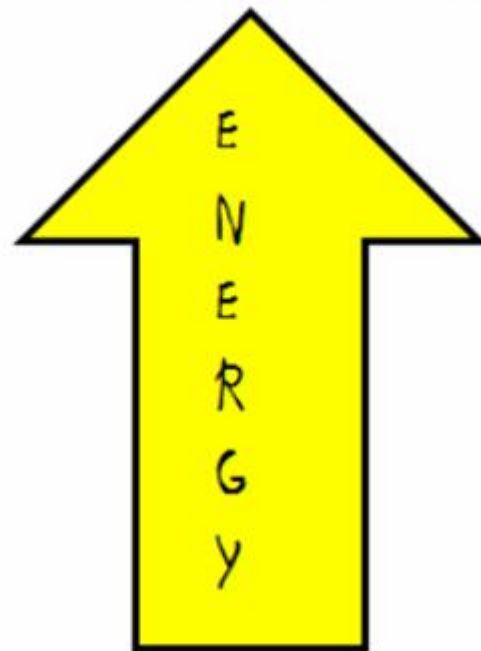


Focused



The **Yellow** Zone.....during play time,
lunch time and even at the end of the day,
it's expected for us to be in the **YELLOW**
ZONE!!

How does my body feel?



How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised



Silly



Excited

Frustrated



Competitive

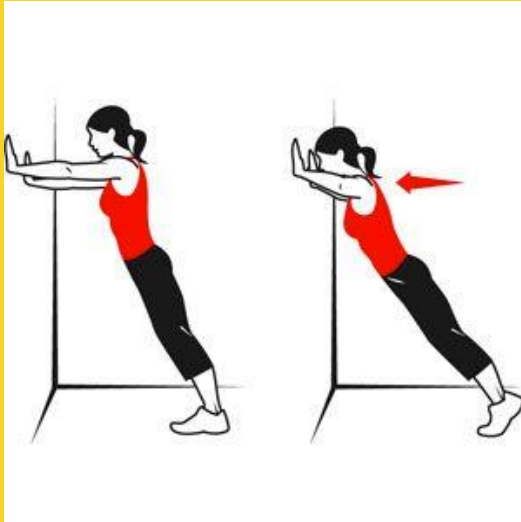
Elf in the yellow zone

https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE_Qc2fr-9zbngdax8rd7m



YELLOW ZONE

Strategies:



- Take a walk
- Ask for a break
- Get a drink of water
- Wall Push
- Rip paper
- Draw/Color
- Journal
- Take Deep Breaths
- Read a book
- Stress ball
- fidgets



The **Red** Zone....when we are at school, the **red** zone is never expected! We must keep ourselves and others safe!

How does my body feel?



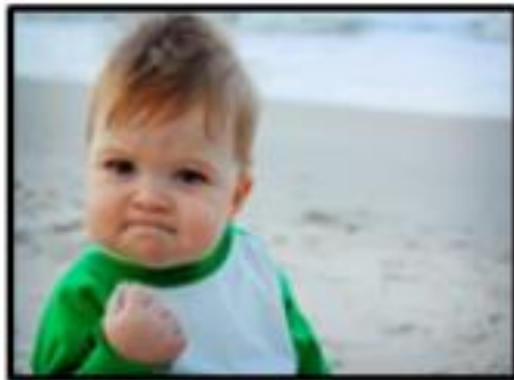
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



Angry

The Incredibles in the red zone!

<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABlduQCnIXSJgLC4u0fLFVbJIleWm>

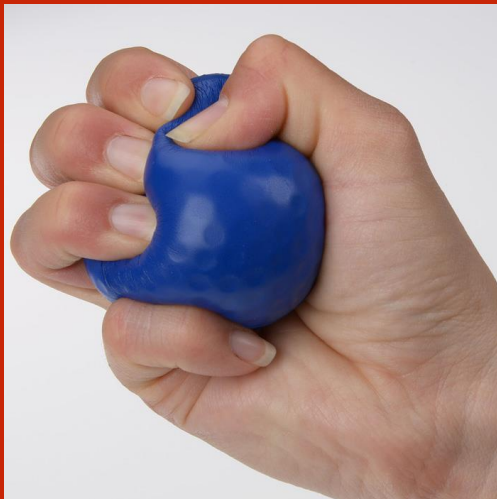




RED ZONE

Strategies:

- Talk to a trusted adult
- Journal
- Draw/Color
- Take a Walk
- Get a drink of water
- Exercise
- Walk away from the situation
- Ask to go to a safe space to calm down
- Take Deep Breaths
- Stress Ball





Bluey Feely Wheely Game



<https://www.youtube.com/watch?v=WzyeJ1jGno0>