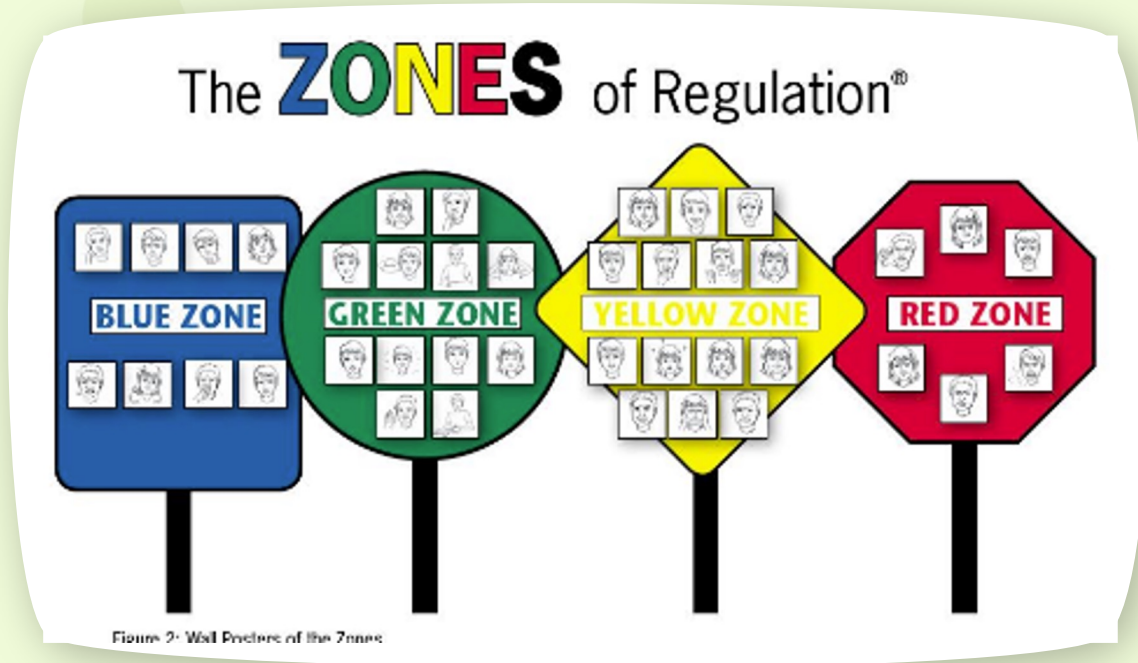


I can use the Zones of Regulation to understand how a character is feeling.



In school we practise using the Zones of Regulation.



























The Zones of Regulation is a programme that we have adapted across the school to help our children understand how they are feeling and then understand what they should do with the feeling.



The Zones of Regulation help us to understand our emotions by grouping them into the colours of traffic signs.

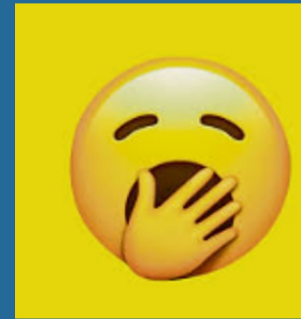


The **ZONES** of Regulation®

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



When we are in the blue zone it is hard to get going. That is because we need a rest or a change.



I feel tired in the morning.



BLUE ZONE

Sad

Sick

Tired

Bored

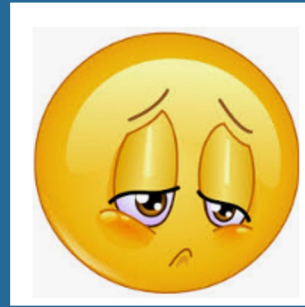
Moving Slowly

What makes you feel sad?

How can you help yourself be more awake?

If you feel poorly who do you tell?

Share your ideas with an adult.



BLUE ZONE

Sad

Sick

Tired

Bored

Moving Slowly



GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn

When we are in the green zone we feel good.

We are ready to learn.

We can share and help others.

We are ready to Go!





GREEN ZONE

Happy

Calm

Feeling Okay

Focused

Ready to Learn

What makes you feel calm and happy?

Tell your adult.



I am always calm when I have had my breakfast in the morning and I am looking forward to something happening that day.

Being in the yellow zone is a sign to pay attention to your body and how you are feeling.

You might be hungry.



You might be too hot.



You might be finding your work hard.

It might be too noisy.



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control

Body sensations

We might
begin to feel
this way in
our bodies.



Tell your adult when you have felt that way.

What did you do?

Did you eat?

Did you go for a walk?

Did you ask for help?



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



RED ZONE

Mad/Angry

Terrified

Yelling/Hitting

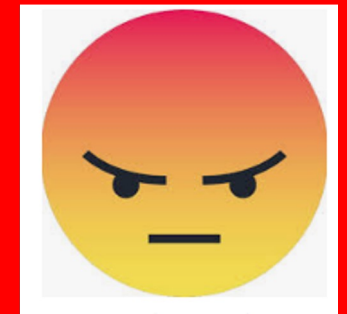
Elated

Out of Control

It is ok to feel angry or upset.

The important thing is to pay attention to how we are feeling and stop what we are doing.

We need to give ourselves time-out, like practising breathing.



Today's task:

You will need:

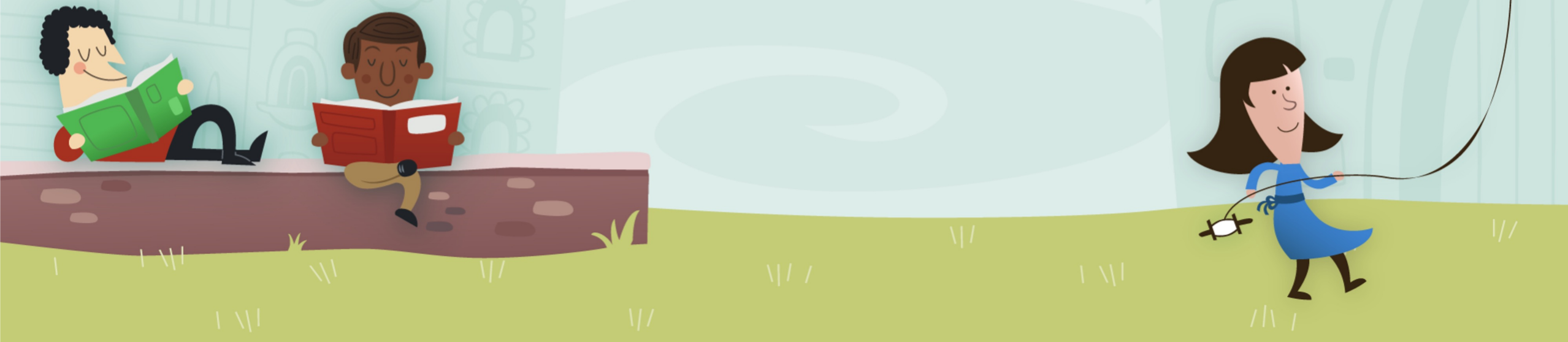
a cardboard tube like a kitchen roll holder
colouring pens or paints or coloured paper and glue
an elastic band



1. First, colour your tube the four separate colours: **blue**, **green**, **yellow** and **red**.

1. Next, label each section with emotion words or emotion faces that belong to the zone.

1. Finally, pull an elastic band over the end.



Now use your gauge
to show how you are
feeling.

