



Zones of Regulation



So far in Health and Wellbeing we have thought about:

- **Body scanning** - for emotional sensations
- **Emotion sensations** - describe it, spot it, soothe it
- **Affirmations** - positive phrases to repeat each day
- **Gratitude** - an attitude of gratitude to remember positives

Did you manage to work on these things in the holidays? **Everyday**, **sometimes**, **hardly ever**, **never**?



If you didn't work on these at all but are finding it tricky to cope with your emotions and the changes with being at home all the time, have a look back at these previous lessons and maybe try some activities:

- **Body scanning** - for emotional sensations
- **Emotion sensations** - describe it, spot it, soothe it
- **Affirmations** - positive phrases to repeat each day
- **Gratitude** - an attitude of gratitude to remember positives

Today we will think a bit more about naming emotions and feelings in coloured groups known as the:

Zones of Regulation



Many of you have explored the Zones of Regulation with your teachers and created posters, displays, done drama and even made toolboxes!

The Zones of Regulation are groups of coloured coded feelings - blue, green, yellow, red:

THE ZONES OF REGULATION[®]



The **Red zone** represents feelings of **ANGER**

Such as:

- Furious
- In a rage
- Mad
- Aggressive



The yellow represents unsettled feelings:

- Worried
- Silly
- Frustrated
- Scared



The **blue** represents **'go slow'** feelings:

Activity suggestion, complete the blanks:

- **Sad**
- **Bored**
- **Sick**
- **Tired**



The **green** represents **'settled'** feelings:

Write down a list of words that mean the same as settled. Here are a few suggestions:

- Happy
- Ok
- Fine
- Ready to learn/do something



It can be difficult to spot *how we feel* or recognise which 'zone' we are feeling and showing in what we do

The first step to help us with recognising our feelings is to

- **KNOW** the zone colours and
- **KNOW** the names for each feeling



Activity 1...

Activity 1

Create a poster (or complete the worksheet attached) illustrating each feeling

Children in middle or upper stages - extension:
Use an online thesaurus (or ask parents!) and record more examples of words which mean the same (synonyms)



Activity 1 worksheet looks like:

Zones of regulation

1. Draw a picture of each feeling in each box 2. colour match each group of feelings 3. Extension - add extra feeling words which mean the same around your picture!

red	angry	annoyed	frustrated	worried	yellow
	furious	aggressive	scared	hyper	
blue	sad	tired	happy	calm	green
	sick	bored	fine	ready to learn/do	

IMPORTANT NOTE:

ALL feelings are valid (allowed)

We can and will experience ALL of these colour coded feelings at some point in our life and we DO NOT NEED to feel GUILTY if we experience the feeling.

BUT:

- We may need to apologise if we 'act' or speak inappropriately or unkindly to others because of how we are feeling
- We may need to work on identifying when we feel a difficult feeling like anger or frustration or boredom coming on so that we can deal with the feeling sooner to make positive appropriate choices for ourselves and others

You could display your 'zones of regulation' feelings poster somewhere around the house to remind you of the names and groups of feelings.

We will talk more next time about HOW TO COPE with difficult feelings (self regulate)

PLEASE share your poster or worksheet by taking a photograph or a video of you reading out your poster on Google Classroom or post it on Twitter!

Take care everyone :)



And remember...

positive bunny post

your hard work will pay off!
every day you're getting stronger.
everything you're doing matters,
so please don't give up.

