

Zones of Regulation Toolbox

By Miss Murray



Health and wellbeing covered so far...

- **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
- **Zones of Regulation** - coloured groups & matching feelings

Zones of Regulation



Can you remember what the 4 colour feeling groups there are?

Can you list 4 feelings within each colour?

Zones of Regulation

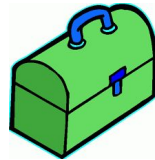


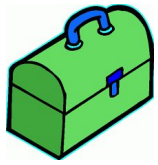
Go slow:	Settled:	Unsettled:	Angry:
sad	happy	worried	angry
tired	fine	scared	furious
bored	calm	hyper	mad
sick	Ready to learn/do	frustrated	aggressive

Now that you **know** the Zones of Regulation coloured sets of feelings try to be on the 'lookout' for times you may experience these feelings...



Once you recognise that you feel a particular unsettled or difficult emotion, (**body scan** and **emotion sensations** lesson activities will help with this!!) the next step is to think of and use a tool from your **regulation toolbox** to cope and feel better!





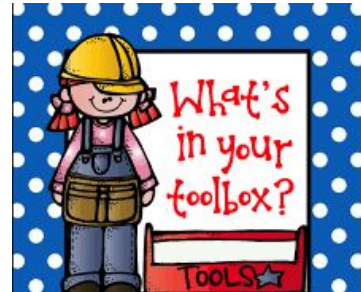
Activity 2

Create your own poster or complete the worksheet to...

Come up with your own suggestions of 'tools' for ways to cope when you experience unsettled, tricky feelings.

It is a great idea to come up with self regulation TOOLS so that you:

- Know some ways to soothe and make yourself feel better
- Know some ways to feel calm and ready to learn or do anything you need to do!



Activity 2 worksheet looks like:

My Toolbox - Zones of Regulation

1. Write a list of 3 tools suggestions in each box to help you feel better if you experience this feeling! 2. Colour match feelings boxes

blue	Sad e.g. have a hug	Tired	Bored	Sick
	*	*	*	*
	*	*	*	*
yellow	Worried e.g. have a hug	Scared	Hyper	Frustrated
	*	*	*	*
	*	*	*	*
red	Angry e.g. take a walk	Furious	Mad	Aggressive
	*	*	*	*
	*	*	*	*

Remember this IMPORTANT NOTE from yesterday:

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

IMPORTANT NOTES TO REMEMBER today:

- It may take time to practice recognising and naming your feelings
- Adults may need to support you to recognise and name your feelings



IMPORTANT NOTES TO REMEMBER today:

- It may take time to practice checking and using tools from your toolkit to try to feel calmer or ready to learn/go
- Adults may need to support you to check and use your tools from your toolkit



You could display your 'zones of regulation' toolbox poster somewhere around the house to remind you of your self regulation tools.

We will do another activity creating mini books and toolboxes using your poster or worksheet...stay tuned!

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



And always remember...

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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.



chibird