

Feelings



I am playing my favorite game with my best friend. I feel _____.

My dog just ran away. We cannot find him anywhere. I feel _____.

I have to go to a new school tomorrow. I will not know anybody. I feel _____.

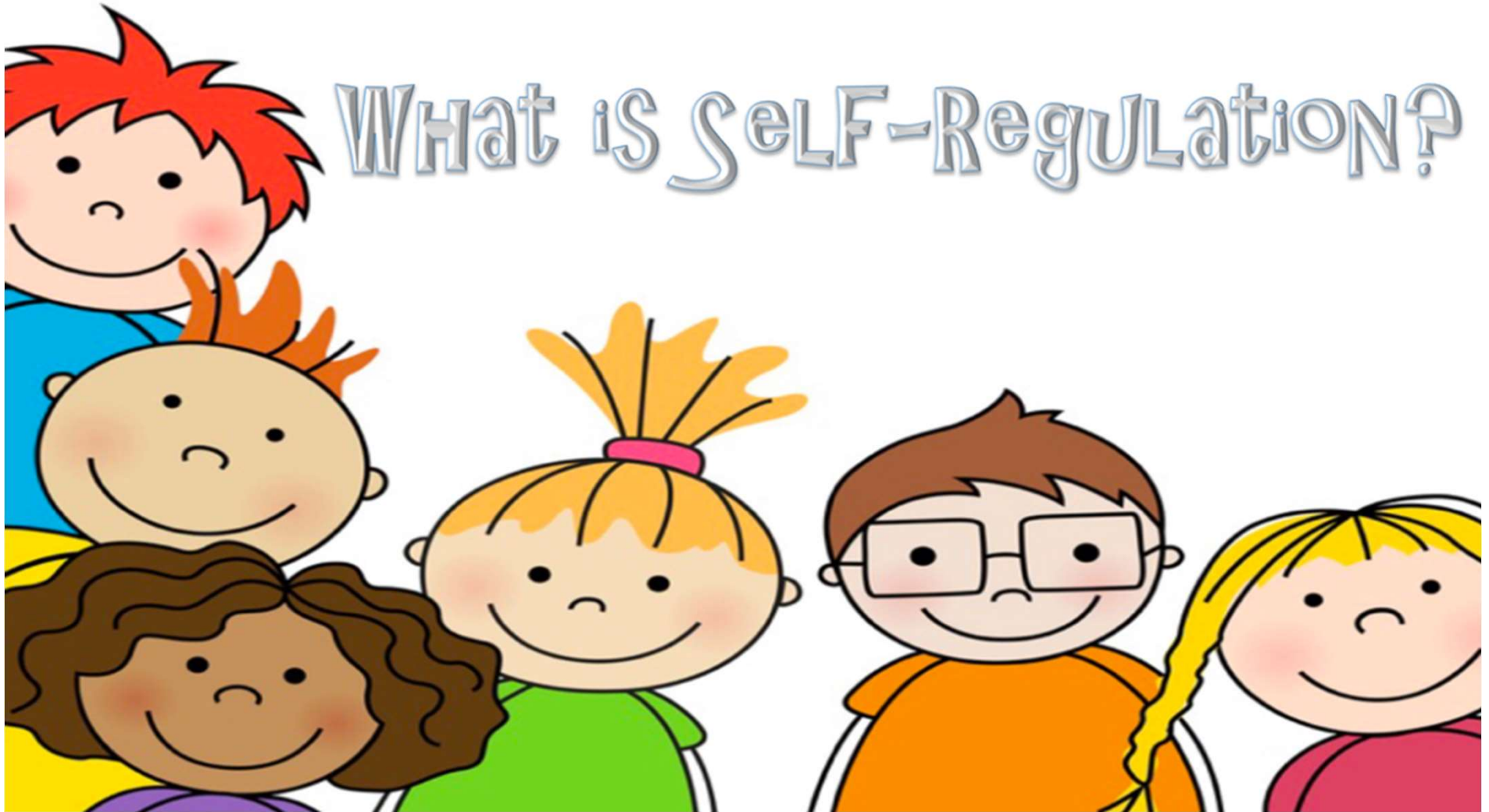
My brother just ripped my math homework in half. I worked hard on it and now it is ruined. I feel _____.

I am at my grandma's house and it is raining outside. I wish I had brought my toys. I feel _____.

I get to go ice-skating today. I cannot wait for school to be over so I can go! I feel _____.

Self-Regulation

What is SELF-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?

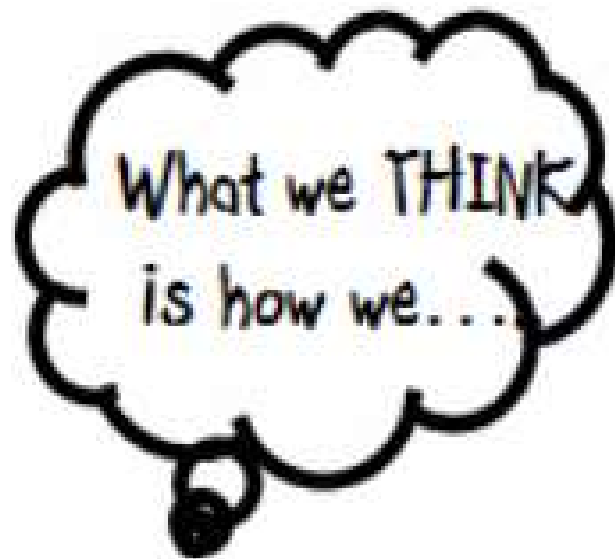


What do you do
when your body
feels hot?



This is called **SELF REGULATION!** You regulate your body so your body feels comfortable and safe.

You can also regulate your thinking and your feelings too.



WILL DETERMINE
THE CHOICES WE
MAKE!





A hand-drawn speech bubble with a black outline and a tail pointing upwards and to the left. The text inside is written in a simple, hand-drawn font.

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 ZONES of Regulation™

			
<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>

The four zones are:

BLUE GREEN YELLOW RED



Blue	Green	Yellow	Red
			

All zones are OK! All feelings are OK!

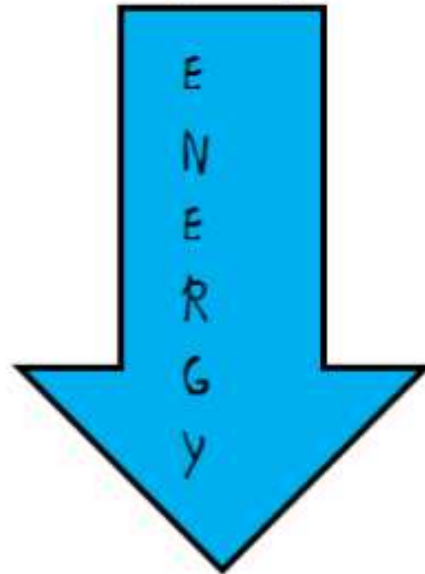
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.



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 an unexpected zone to be in for learning.

How does my body feel?

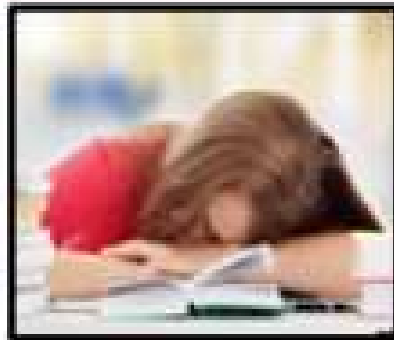


How does my brain feel?

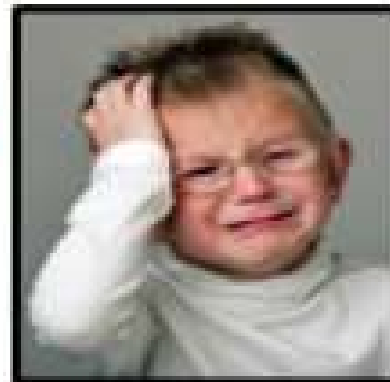
REST
AREA



Tired

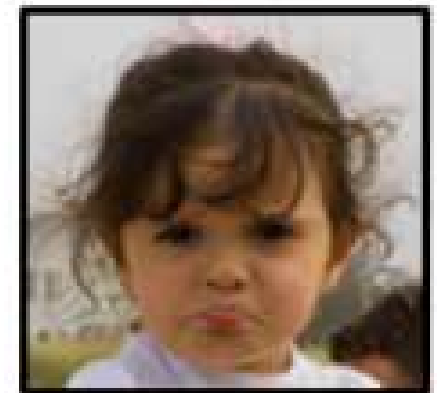


Hurt



BLUE ZONE FEELINGS

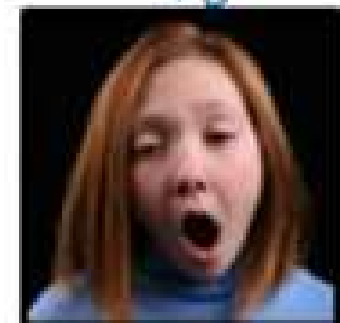
Sad



Lonely



Sleepy



Bored



Sick



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?

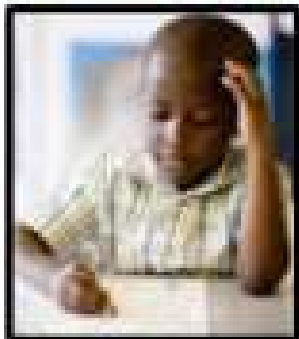
My energy level is "just right"

I am calm, focused and ready to learn!



How does my brain feel?

GO



Calm



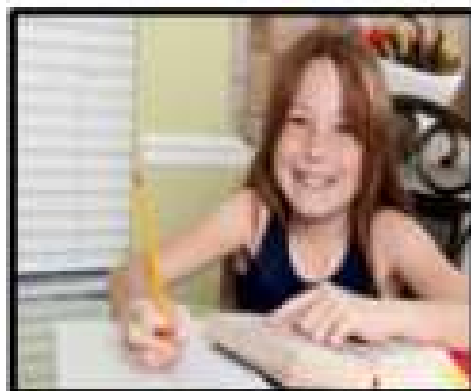
Learning

GREEN ZONE FEELINGS



Ready to Learn

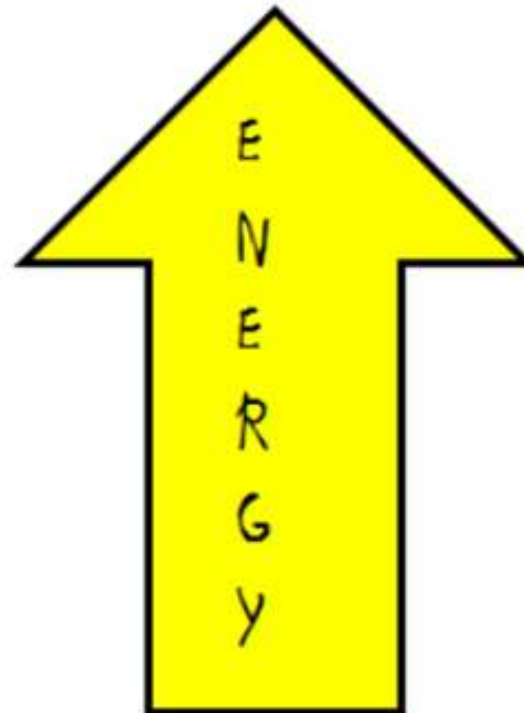
Happy



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

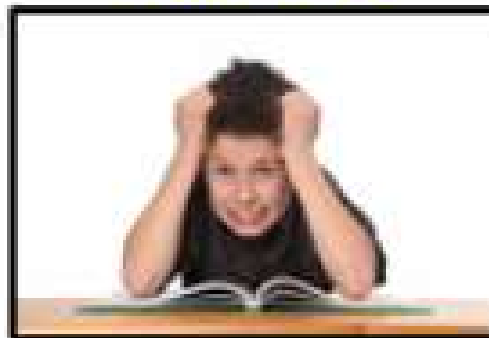


Silly



Excited

Frustrated



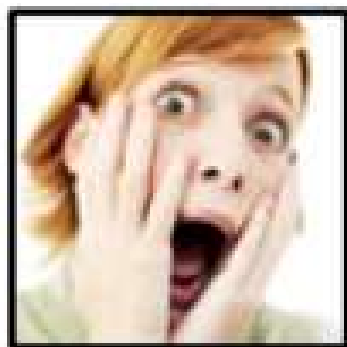
Competitive

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?



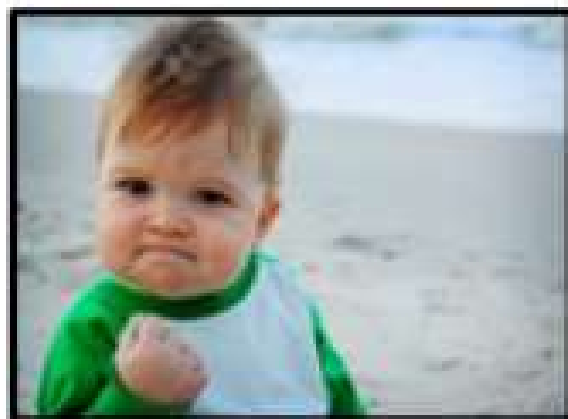
How does my brain feel?



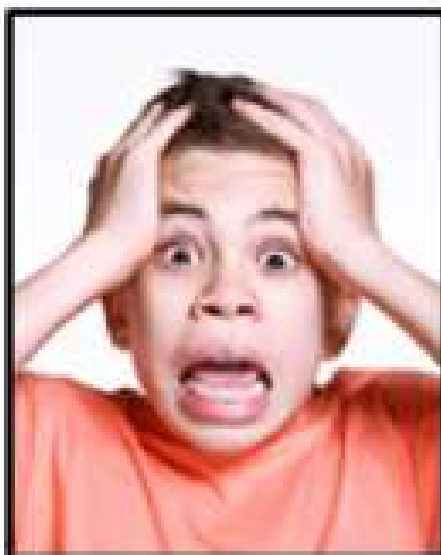
Terrified



RED ZONE FEELINGS



Aggressive



Angry

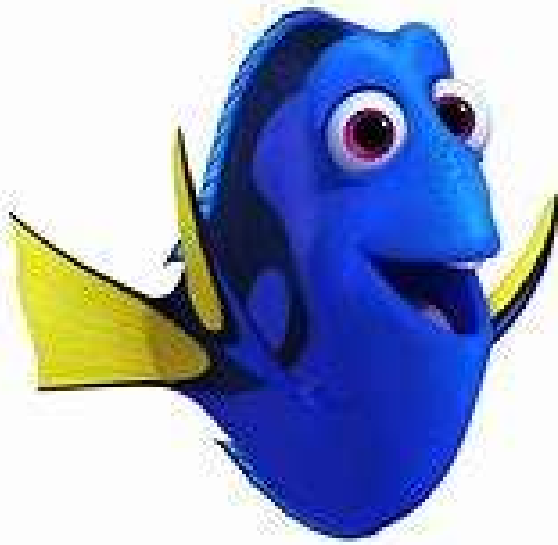
Bert feels sad



- <https://www.youtube.com/watch?v=ZgRN-AytScE>

Dory in the green zone.

<https://www.youtube.com/watch?v=sB6W2VAx2J8>



Elf in the yellow zone

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



The Incredibles in the red zone!

<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABIduQCnIXSJgLC4u0fLFVbJIleWm>



Tools



What do you do
when your body
feels cold?



What do you do
when your body
feels hot?



Use tools to get in the green zone.



ZONES Tools Menu



Carry



Read



Jump



Bounce



Run



Push



Tickle



Pull



Swing



Talk to Adult

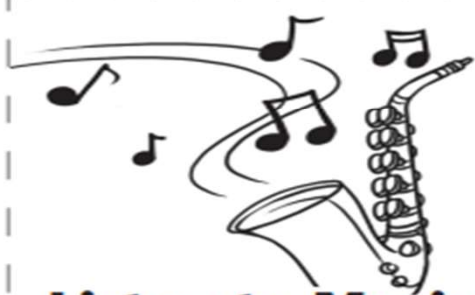


Hug



Animal Walks

ZONES Tools Menu



Listen to Music



Squishes



Walk



Jumping Jacks



Shoulder Rub



Belly Breath



Inner Coach



Take a Break



Lazy 8 Breathing



Fidget Ball



Size of Problem



Six Sides of Breathing

What Zone Are You In?

Blue



Green



Yellow



Red



Sick

Sad

Tired

Bored

Moving Slowly

Happy

Calm

Feeling Okay

Focused

Ready to Learn

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some
Control

Mad/Angry

Mean

Yelling/Hitting

Disgusted

Out of Control

Zones of Regulation App



Exploring Emotions App



The Apps are available to purchase via Google Play
or The App Store