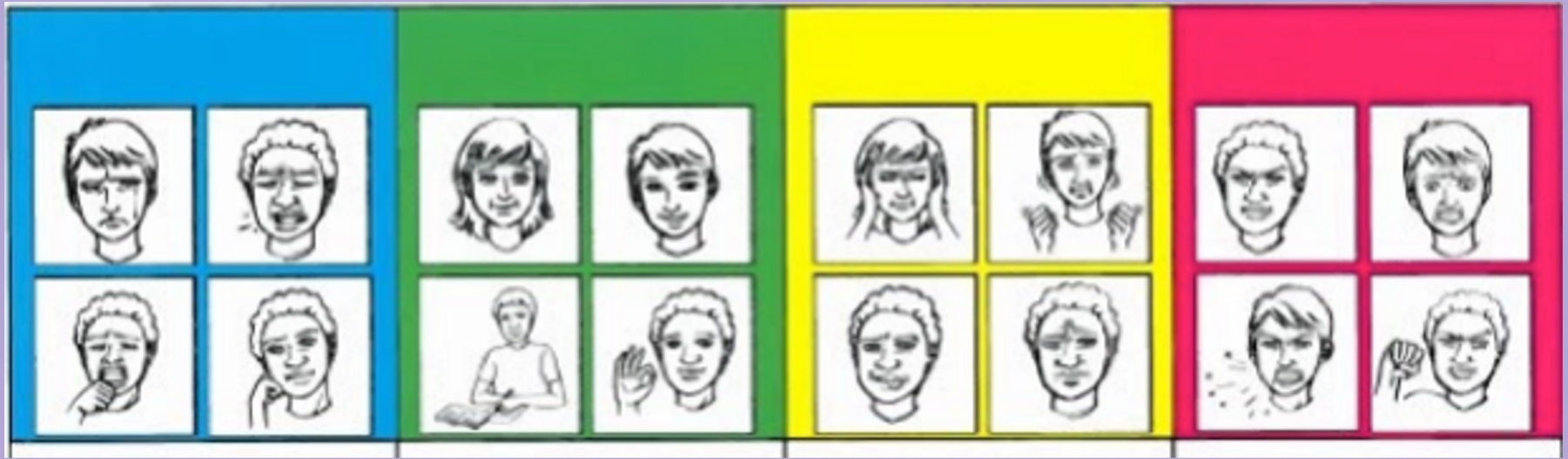


# Zones Of Regulation



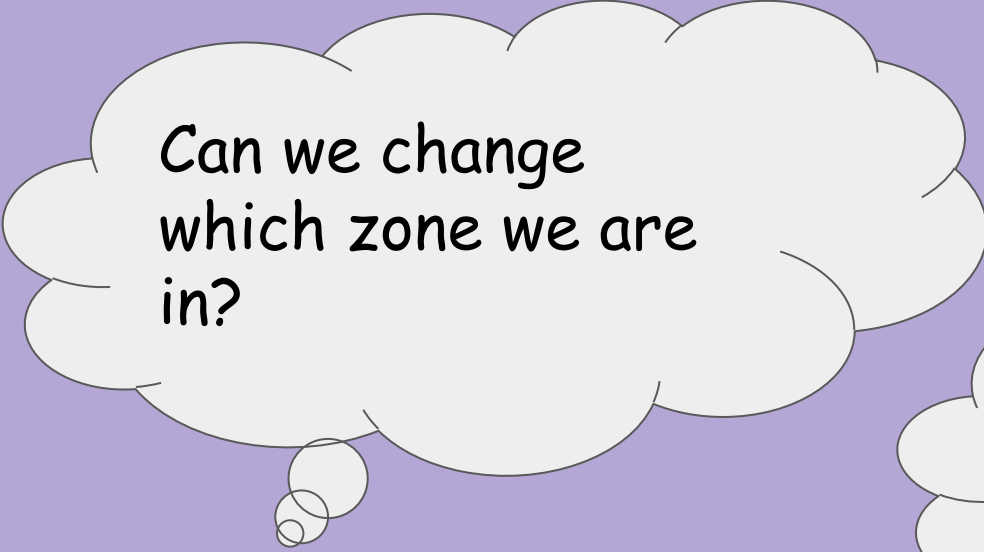
What are the Zones Of Regulation?

How can they help us with our learning?

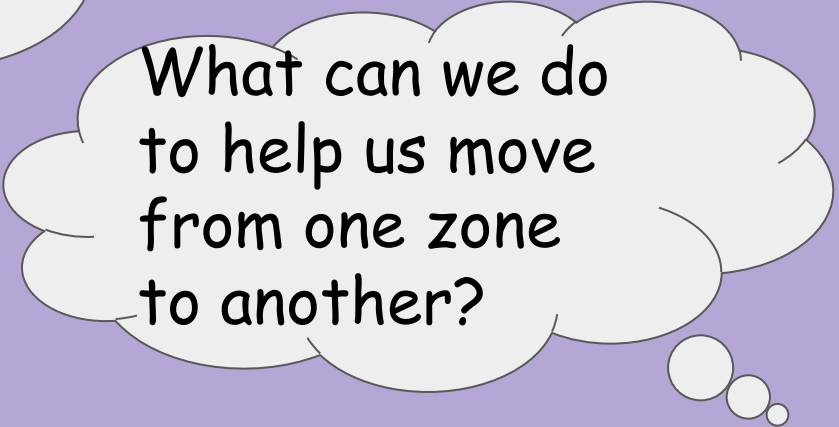
## Task

In your groups you will think of all the feelings that you associate with the colour you have been given. Please write them clearly on your sheet to put on the wall later.

How can we change which zone we are in?



Can we change  
which zone we are  
in?



What can we do  
to help us move  
from one zone  
to another?

# Lets try these



Sit comfortably on the floor, with your legs crossed in front of you. Imagine that there is a big balloon in your stomach. Place your hands over your stomach. Sitting up straight, take a big, deep breath in and make your stomach puff out as if it were a balloon filling with air. Then, exhale slowly, like you are letting the air out of a balloon a little at a time. As you let the air out, gently roll your shoulders and bend forwards. Repeat.





Sit on the floor, with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your index finger. Beginning with your left thumb, move your right index finger up the outside of the thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue breathing in deeply while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



# Zones Of Regulation

# What is Zones Of Regulation? How do we use it?

## The **ZONES** of Regulation®

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



Which Zone are you in? Why?

I am in the \_\_\_\_\_  
zone  
because \_\_\_\_\_  
\_\_\_\_\_.

## 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 Mean Terrified Yelling/Hitting Out of Control

How can we tell which zone someone else is in?



## Task

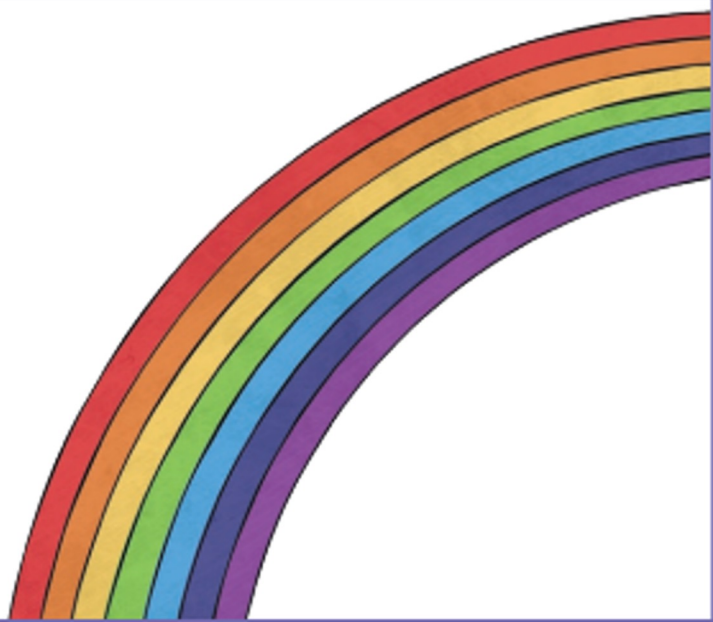
Look at each of the Blobs on the tree, think about which zone they are in. Colour them in the colour of their zone. Explain to your talk partner which zone the Blobs are in and why you think that.

# Lets try these

Sit on the floor, with the soles of your feet touching and your knees bent out to the sides. Put your hands on your ankles and gently bounce your knees as if you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow, deep breaths in and out. Pretend you are flying to your favourite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around, feeling happy and calm. Now, it is time to slowly flap your wings to fly back home. Take a deep breath in, slowly exhale and then gradually open your eyes.



Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly, raise your arms and take a deep breath in. Try to breathe in until your hands meet over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5-10 times. Each time you breathe in, imagine you are adding another colour to your rainbow. What colours are you adding to your rainbow? Once your rainbow is complete, slowly open your eyes.



# Zones Of Regulation



Which feeling goes in which zone?

Look at our work from Monday, do we still agree?

Do we need to change any of the feelings?

Can we add any feelings?

# Alphabet Challenge

We have thought of a lot of feelings this week.

Lets see if we can think of one feeling or emotion for each letter of the alphabet.



## Zones Of Regulation

Underline each of the feelings that you have thought of with one of the Zones Of Regulation colours to show which zone you would be in when you are feeling like that.

Could one emotion be in more than one zone?

## Lets try these

Sit on the floor in a comfortable position. Close your eyes and take some slow, deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out, slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way to your fingers and toes. Slowly, stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Exhale slowly and sit back up. Take one more deep breath in and out and then slowly open your eyes.



Lie back gently on the floor, with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that the movement of your stomach is waves in the ocean and your hands are a sailing boat. Each time you breathe in, the sailing boat goes up on the waves and each time you breathe out, the sailing boat goes down on the waves. Repeat.

