

Quick Quiz:

What does self-regulation mean?

What colours are the 4 zones of regulation?

Zones of Regulation

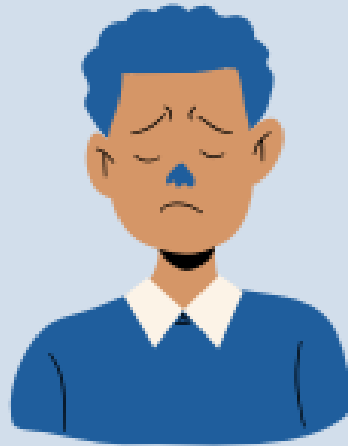


Quick Quiz:

What feelings might you have when you are in the green zone?

What might you look like or do when you are in the green zone?

The BLUE zone



BLUE ZONE

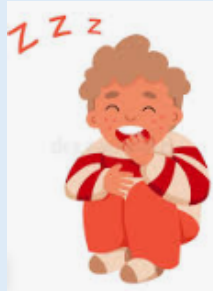
Sad Tired Sick

Slow Moving Bored

Need to Rest

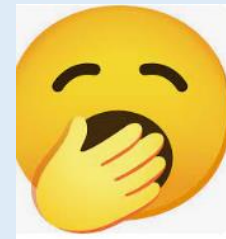
How do I look in the blue zone?

- I look like I don't have much energy
- I look tired
- I have a sad face



What do I do in the blue zone?

- I slouch and sigh
- I yawn and rub my eyes
- I move slowly
- I cry
- I don't look at people



What do I need to do to self-regulate?

Be energized

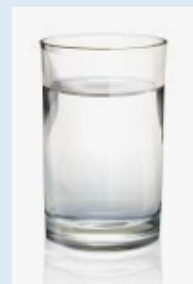


Find comfort



How?

I can get a drink of water



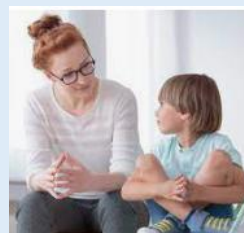
I can have a stretch and sit up straight



I can have a movement break



I can tell someone how I feel



Follow up activities

Which of these feelings do you have in the blue zone?

calm

disappointed

sad

lonely

content

focussed

excited

angry

nervous

bored

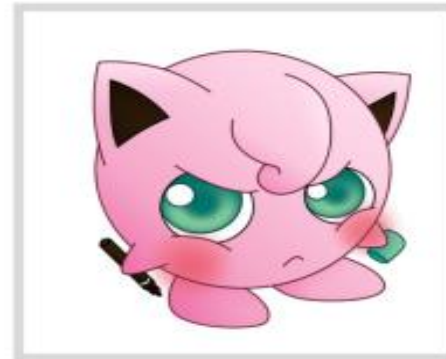
tired

Follow up activities

Which of these characters is in the blue zone?

How do you know?

How do you think they are feeling?



Follow up activities

Which of these situations would put you in the blue zone?

You were supposed to go to the park but it is raining.

A friend asked you for a playdate

Your best friend isn't at school.

You win a competition to go to Disneyland

Follow up activities

Tell a partner or draw a picture of a
time when you feel in the blue zone