



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 or
control your **thinking**
and **feelings!**

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 four zones are:

BLUE GREEN YELLOW RED



All zones are OK! All feelings are OK!

Let's take a break
and calm down
with the
Zones of Regulation
at the
COPPER PINES



Zones of Regulation



What do you know about them?

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 GREEN zone



GREEN ZONE

Happy Calm Okay

Content Focused

Ready to Learn

How do I look in the green zone?

- My body is calm



- My face is relaxed



- I smile



- I show that I am listening



What do I do in the green zone?

- I whole body listen and walk
- I show respect to people and property
- I talk politely
- I play safely, kindly and enjoy being with friends
- I am ready to learn
- I help other people
- I can list down why I feel good to help cheer me up when I'm not okay

What do I need to do to self-regulate?

Nothing!

Keep it up – you're doing great!



Follow up activities

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

calm

relaxed

sad

lonely

content

focussed

excited

angry

nervous

happy

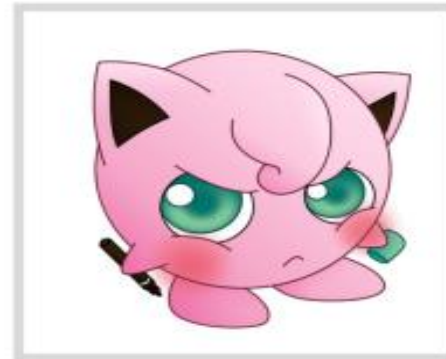
chilled

Follow up activities

Which of these characters is in the green zone?

How do you know?

How do you think they are feeling?



Follow up activities

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

There was an
unexpected fire
drill at school

You went for an ice cream
but they didn't have your
favourite flavour

A friend asked
you for a
playdate

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 green zone