

## 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 feelings might you have when you are in the **blue zone**?

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

# The YELLOW zone



YELLOW ZONE

Frustrated    Worried    Silly

Excited    Hyper

Loss of Some Control

# How do I look or act in the yellow zone?

- I fidget or squirm



- I pull silly faces



- I make noises



- I furrow my eyebrows or roll my eyes

- I cross my arms



# What do I need to do to self-regulate?

Take a break

Do a calming activity

Ask for help



# How?

I can stop whatever I am doing and do something else

I can go to the reflection area and think

I can ask for a break

I can ask for help



# Follow up activities

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

worried

disappointed

frustrated

lonely

content

focussed

excited

angry

nervous

bored

silly

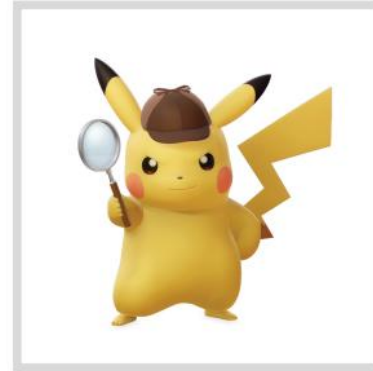


# Follow up activities

Which of these characters is in the yellow zone?

How do you know?

How do you think they are feeling?



# Follow up activities

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

It's your  
birthday  
tomorrow

You didn't sleep well and  
you have a headache

You asked your  
friend to play  
but they said no

Your parent is  
unwell and has to  
go to hospital

# Follow up activities

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