

Year 3 Family Learning

Aims

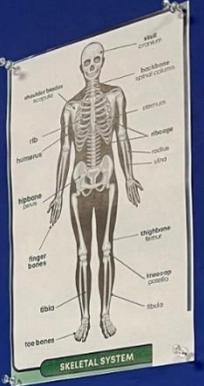
- Overview of self-regulation
- To understand how 'The Zones of Regulation' works
- Self-regulation tools
 - Calming techniques
 - Thinking strategies
 - Sensory supports

Definition
 something you choose to do

Voluntary
 something you can control by choice

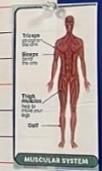
Involuntary
 something you cannot control by choice

Examples
 Voluntary: thinking, writing, reading, playing sports, dancing, singing, etc.
 Involuntary: breathing, heartbeat, digestion, etc.



I know that we can control voluntary muscles
 but cannot control involuntary muscles

Voluntary	Involuntary



Sounds

g j ge dge

giant project strange bridge

imagine join age knowledge

gentle dj huge

yy

BLUE ZONE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

Character

?
er
ion when

Let's all
be kind to each other
and make each other
smile
never give up
try our hardest
believe in each other
make each other smile
believe in each other
believe in each other

Home Forest's Character Virtues



- Love and Kindness
- Learning and Growth
- Justice
- Service
- Optimism and Joy
- Curiosity
- Appreciation and Awe
- Creativity
- Honesty
- Humility
- Forgiveness
- Independence and Persistence
- Thoughtfulness
- Equality and Progress
- Gratitude

BLUE ZONE

GREEN ZONE

Act kindly
Speak nicely
Understand
Meet others

We will

be kind to each other

motivate each other

never give up

forgive each other

try our hardest

make each other smile

listen to each other

follow instructions the first time



Welcome to Ennis Class!

We want to feel

INCLUDED

LOVED

HAPPY

SAFE

SPECIAL

EXCITED

SUPPORTED

UNDERSTOOD





The ZONES of Regulation™



The ZONES of Regulation™

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Missing Mommy	Frustrated Calm Happy Relaxed Ready to Learn	Overwhelmed Anxious Hyperactive Inattentive Loss of Sense Control	Overwhelmed Anxious Hyperactive Inattentive Loss of Control



How many character virtues can you name?



Supporting Behavioural Regulation

THE ZONES OF REGULATION[®]

BLUE ZONE

Bored, Hurt, Exhausted, Sick, Tired, Sad

Blue Zone Tools

Stretch

GREEN ZONE

Calm, Good, Proud, Okay, Ready to Learn, Content

Green Zone Tools

Drink water

YELLOW ZONE

Frustrated, Anxious/Worried, Excited, Silly, Scared, Overwhelmed

Yellow Zone Tools

Deep breaths

RED ZONE

Aggressive, Mean, Terrified, Mad, Angry, Yelling

Red Zone Tools

Take a break

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Definition of Self-Regulation

- "...it is defined as the capacity to manage one's thoughts, feelings and actions in adaptive and flexible ways across a range of contexts."

Jude Nicholas

This includes:

- Self-control
- Resilience
- Self-management
- Anger management
- Impulse control
- Sensory regulation



Why is Self-Regulation Important?

- Life is 10% what happens to us and 90% how we react to it.

Charles Swindoll

- Research has found that higher academic achievement is more likely when interventions include self-regulation components.
- Typically, children who can self-regulate will turn into teens who can self-regulate.

A person who can self-regulate is able to:

- Remain CALM AND ORGANISED in a stressful situation

(Executive Functions)

- Cheer themselves up after a disappointment.

(Emotional Regulation)

- Knows when they are experiencing sensory overload and can make adjustments.

(Sensory processing)

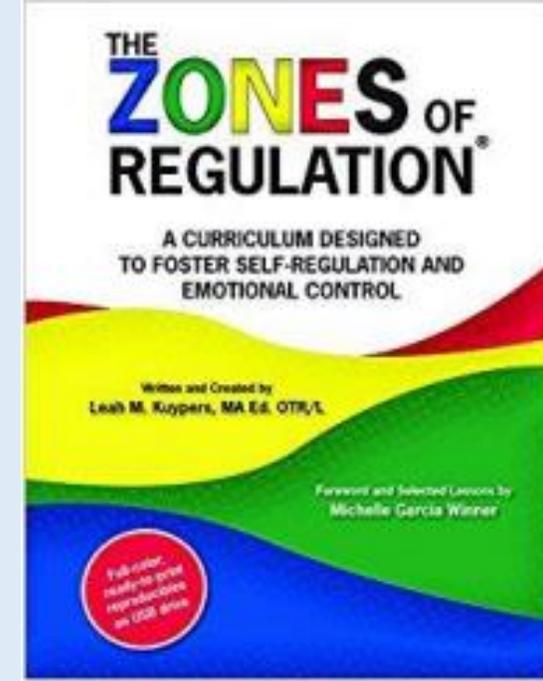
- Understands when it is appropriate to cheer and shout and when to be quiet.

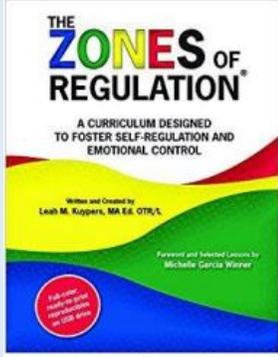
(Social cognition)

What are the Zones of Regulation?

Teaches students:

- Vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills





Why Teach the Zones of Regulation?

- Provides a **common language** to discuss emotions – a language that is non-judgemental.
- The Zones of Regulation is **simple** for children to understand but is helpful for all!
- The Zones **teach healthy** coping and regulation strategies.



- **Blue Zone:** sad, sick, tired or bored (low state of alertness – brain and/or body is moving slowly or sluggishly).
- **Green Zone:** in control, calm, happy and ready to learn (regulated state of alertness).
- **Yellow Zone:** more intense emotions and states but able to maintain control, worried, frustrated, silly, excited, scared or overwhelmed (heightened state of alertness but you still have some control).
- **Red Zone:** elated, angry, wild, terrified. (heightened state of alertness and out of control).

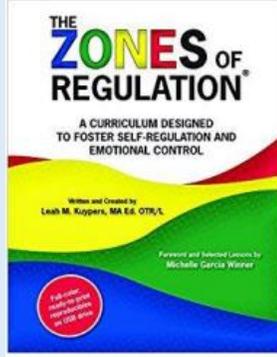
The **ZONES** of Regulation[®]

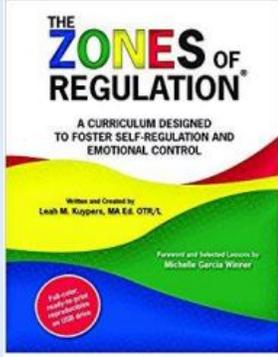
			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>



Key Points

- There is no 'bad' Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can't change the way children feel **BUT** we can help them manage their feelings/states and behaviours. *"It's OK to be angry, but it is not OK to hit..."*
- You can be in more than one Zone at a time (eg. Sad and angry).





Key Points

- If your child is confidently using words to describe their emotions, they don't need to revert to Zones language **HOWEVER** it is useful for them to know the strategy groups that will help them.

Eg. Sick or tired = blue zone strategies

If your child is in the Red Zone...

- Limit verbals – this is not a teachable moment.
- Discuss use of tools when child is regulated.
- Plan for if/when child is in the Red Zone. “Wonder if this strategy would help...?”

UNDERSTANDING ZONE TOOLS:



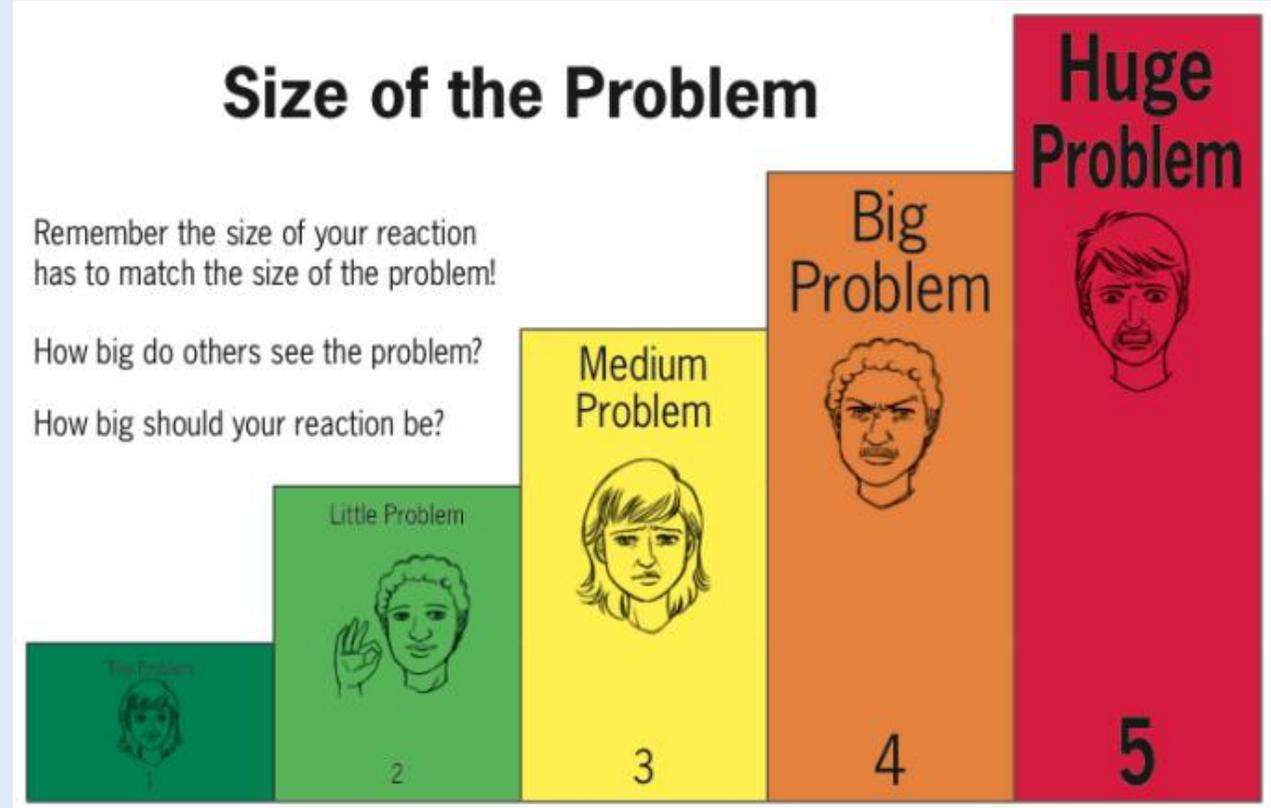
- **Blue Zone:** help wake up our bodies, feel better and regain focus.
- **Green Zone:** help us stay calm, focused and feeling good. These are often proactive strategies.
- **Yellow Zone:** help us regain control and calm ourselves.
- **Red Zone:** help us stay safe and start to calm down.

TOOLS FOR SELF-REGULATION

- Thinking Strategies
- Sensory Supports
- Calming Techniques

THINKING STRATEGIES

- Expected vs. Unexpected Reactions – Praising the expected, not just pointing out the unexpected.



INNER COACH vs. INNER CRITIC

WHAT CAN I SAY TO MYSELF?

INSTEAD OF...

TRY THINKING...

I'M NOT GOOD AT THIS

-WHAT AM I MISSING?

I'M AWESOME AT THIS

-I'M ON THE RIGHT TRACK

I GIVE UP!

-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED

THIS IS TOO HARD

-THIS MAY TAKE SOME TIME AND EFFORT

I CAN'T MAKE THIS ANY BETTER

-I CAN ALWAYS IMPROVE; I'LL KEEP TRYING

I CAN'T DO MATH

-I'M GOING TO TRAIN MY BRAIN IN MATH

I MADE A MISTAKE

-MISTAKES HELP ME IMPROVE

I'LL NEVER BE AS SMART AS HER

-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT

IT'S GOOD ENOUGH

-IS THIS REALLY MY BEST WORK?

SENSORY STRATEGIES:

- Wobble board to sit on.
- Go for a walk.
- Wall push ups.
- Blowing bubbles.
- Sitting on hands.
- Stretch.
- Stress balls.
- Slime.
- Timers.

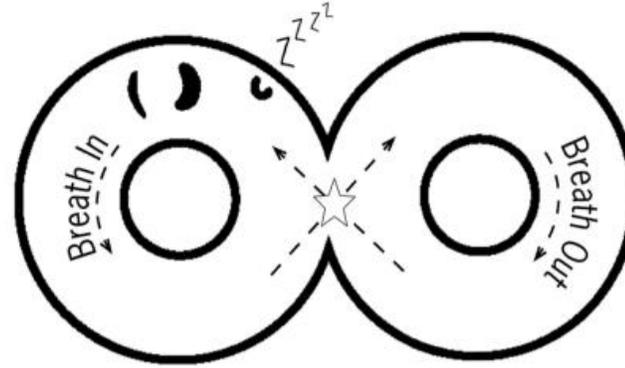
THESE ARE NOT A TREAT BUT A TOOL TO HELP THE CHILDREN FEEL REGULATED.

SENSORY TOOLS

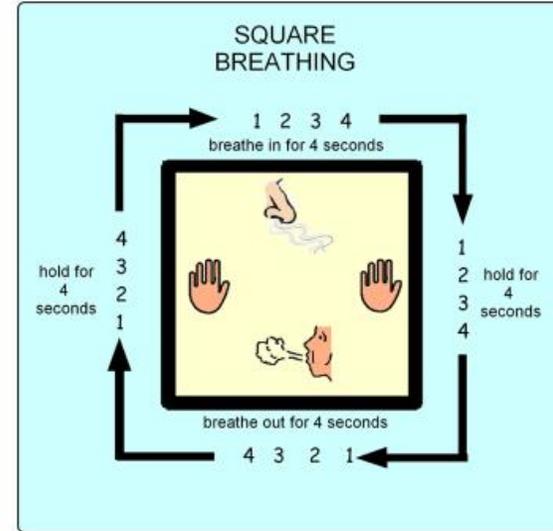


CALMING STRATEGIES

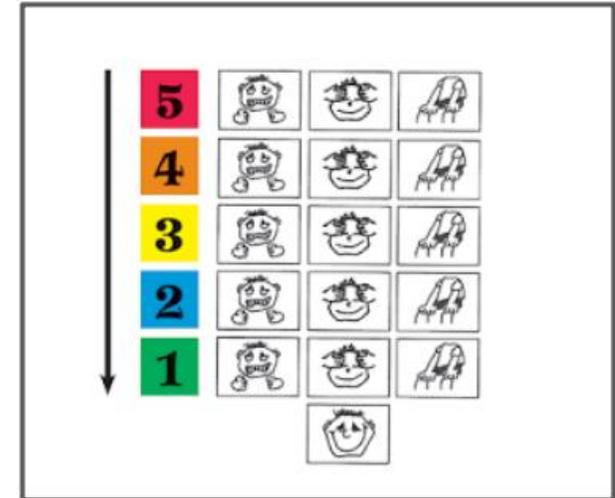
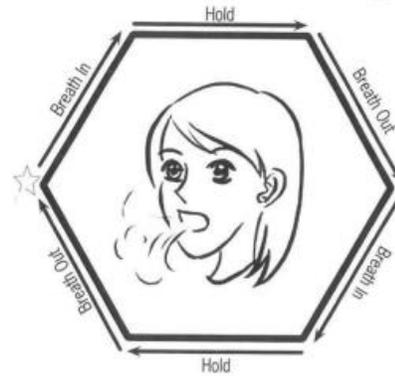
Lazy 8 Breathing



SQUARE BREATHING



The Six Sides of Breathing



COUNTING

- Forward and backwards
- Count objects
- Count colours
- Count breaths
- Count pulse

CALMING ACTIVITIES

- Puzzles
- Listening to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Stack Rocks

HOW CAN I SUPPORT THE ZONES OF REGULATION?

- Identify your own feelings using Zones language in front of your child. (e.g. "I'm frustrated, I am in the yellow zone")
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. (e.g. "I can see you are working really hard to stay in the Green Zone by...")
- Talk about what tool you will use to be in the appropriate Zone. (e.g. "I'm going to go for a walk, I need to get to the green zone.")
- Label what zones your child is in throughout the day. (e.g. "You look sleepy, are you in the blue zone?")
- Teach your child which Zones tools they can use. (e.g. "It's time for bed, let's read a book together in the rocking chair to get to the blue zone.")
- Post and reference the Zones visuals and tools in your home. (Zone check in stations and toolboxes for the family!)

PLAY GAMES

“Feelings Charades”

“Name that feeling”

Books

- A Volcano in My Tummy
- The Red Beast
- Conker the chameleon

MORE INFORMATION ON THE ZONES

- [Zones of Regulation Website](#)
- [Pinterest](#)

WHICH STRATEGIES CAN I USE FOR EACH ZONE? Can you think of any others?



ZONES Tools Worksheet

Name of Tool	Circle the zone or zones you think the tool would help in.				
	Blue	Green	Yellow	Red	None
Belly Breaker				<input checked="" type="radio"/>	
Drink Water		<input checked="" type="radio"/>			
Drink ^{plenty} of fluids	<input checked="" type="radio"/>				
More ^{than 5 deep} breaths			<input checked="" type="radio"/>		
My Calming ^{secret}				<input checked="" type="radio"/>	
Drink medicine	<input checked="" type="radio"/>				<input checked="" type="radio"/>
Lazy "8" Breathing			<input checked="" type="radio"/>		
Break				<input checked="" type="radio"/>	
Talk to Adult	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	
Listen to music	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>		
Take a break	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	
Exercise regularly					<input checked="" type="radio"/>
	Blue	Green	Yellow	Red	None

Red Zone

I need to STOP.

Mad Yelling Mean Hands on

I can try these tools:

Deep breaths Size of problem Run Take a break

Yellow Zone

I need to take caution.

Worried Nervous Annoyed Upset

I can try these tools:

Take a break Get a drink Walk Inner coach

Blue Zone

Tools: Rest Stop

- Take a break.
- Think happy thoughts.
- Talk about your feelings.
- Ask for a hug.
- Draw a picture

Green Zone

Tools: Go Time

- Complete your work.
- Listen to the teacher.
- Remember your daily goal.
- Think happy thoughts.
- Help others.

Yellow Zone

Tools: Slow Down

- Take a break.
- Talk to the teacher.
- Squeeze my stress ball.
- Go for a walk.
- Take three deep breaths.

Red Zone

Tools: Stop

- Take a break.
- Squeeze my stress ball.
- Take three deep breaths.
- Count to ten.
- Talk about my problem.

Blue Zone

I am running slow.

Sad Tired Bored Sick

I can try these tools:

Take a break Talk to an adult Ask for a hug Listen to music

Green Zone

I am good to go.

Happy Calm Ready Okay

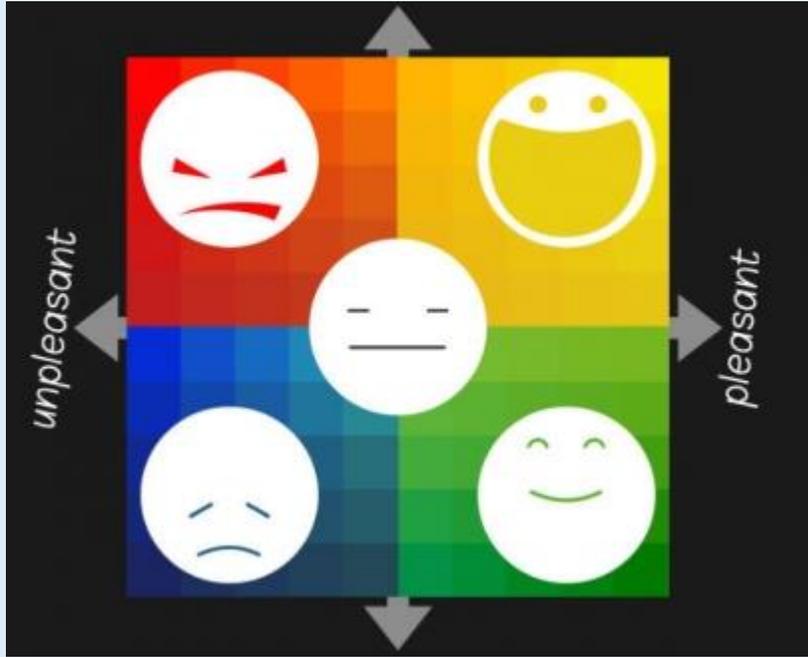
I can do these:

Learn Listen Work hard Expected behaviors

All zones are OK! All feelings are OK!

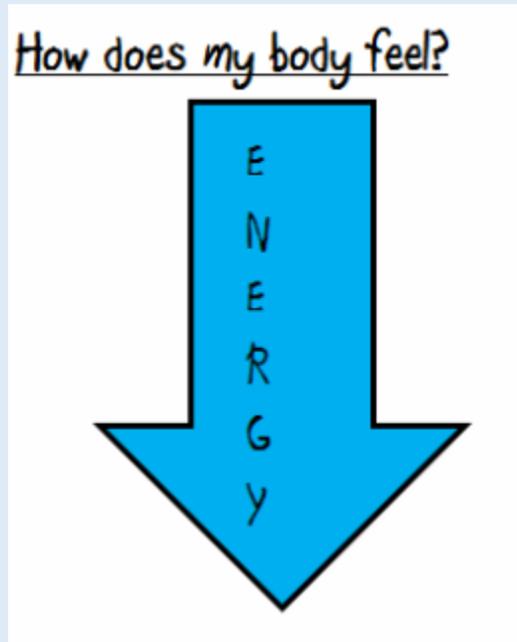
We make others
feel comfortable
and safe when we
are in the
EXPECTED ZONE
at the
EXPECTED TIME.





Blue Zone

- We are expected to be in the Blue Zone just before bedtime or when watching TV.
- We have less energy and it doesn't feel pleasant.
- This is an unexpected zone to be in for learning.



How does my brain feel?

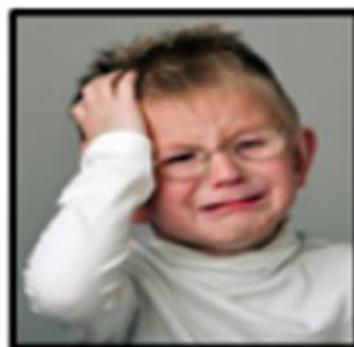
REST
AREA



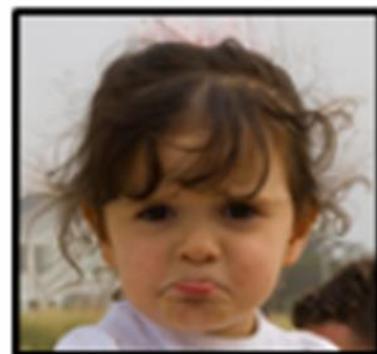
Tired



Hurt



BLUE ZONE FEELINGS



Sad



Bored

Lonely



Sick

Sleepy



The Green Zone

- This is the Learning Zone.
- We are expected to be in the Green Zone while we are learning.
- This 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



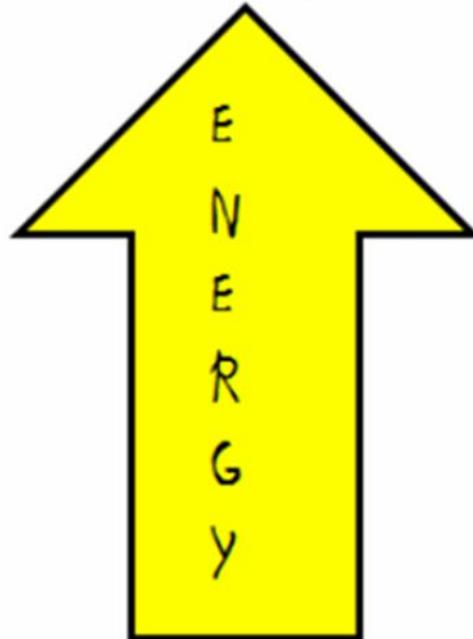
Focused

The Yellow Zone

- This is the expected zone during playtime or lunchtime or the end of the day.
- This is when we have lots of excited energy.



How does my body feel?



How does my brain feel?

Slow Down
And Breath!

YELLOW ZONE FEELINGS



Annoyed

Surprised

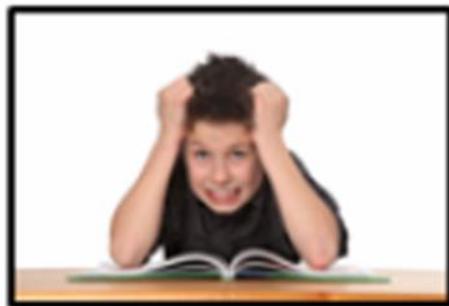


Silly



Excited

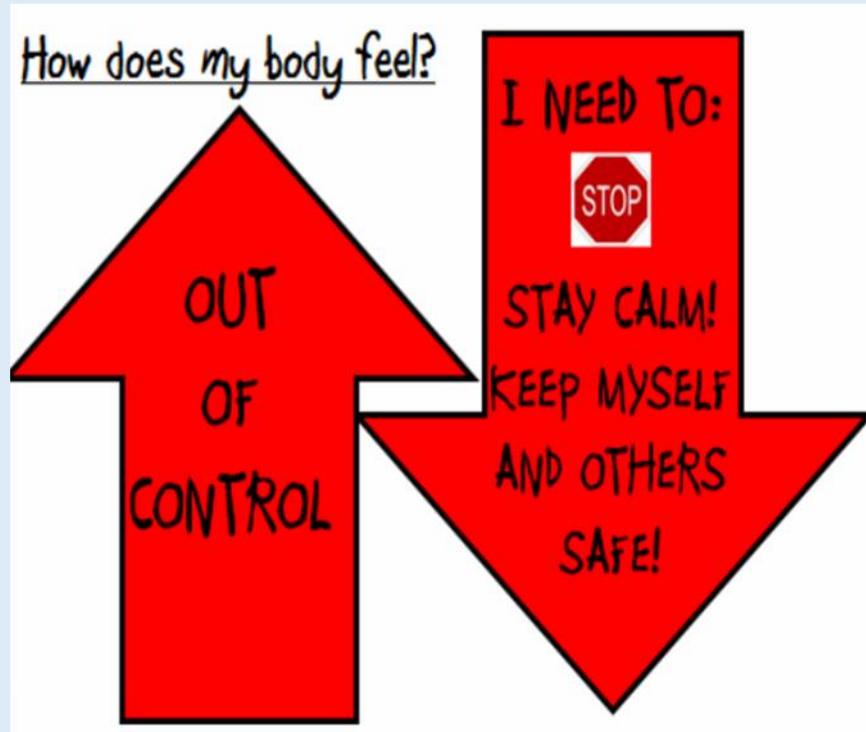
Frustrated



Competitive

The Red Zone

- When we are at school, the red zone is unexpected.
- It is important that at school we keep ourselves and others safe.



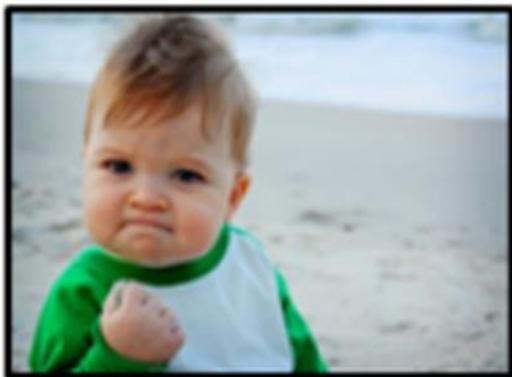
How does my brain feel?



Terrified



RED ZONE FEELINGS



Aggressive



Angry

Mood Meter



Essential Question
Why is it important to monitor our feelings and emotions?

- Guiding Questions**
1. Where are you on the mood meter? (color)
 2. What caused you to feel this way?
 3. What word best describes your current mood? (adjective)
 4. How are you expressing this feeling?

Yellow Zone

I need to take caution.



Worried, Nervous,
Annoyed, or Upset

I can try these tools:



Take a break, get a drink,
walk, or inner coach

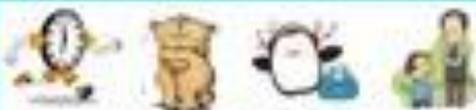
Blue Zone

I am running slow.



Sad, Tired, Bored, Sick

I can try these tools:



Take a break, talk to an adult,
Ask for a hug or listen to music

Green Zone

I am good to go.



Happy, Calm,
Ready, or Okay

I can do these:



Learn, listen, work hard,
follow expected behaviors

Red Zone

I need to STOP.



Mad, Yelling, Mean, Hands On

I can try these tools:



Take a break, talk to an adult,
Take a Break, or Walk Laps

What ZONE Am I In?

Blue Zone

Sad 	Tired
Sick 	Bored

Green Zone

Calm and Quiet Voice 	Ready To Learn
Listening 	Quiet Hands

Yellow Zone

Silly or Wiggly 	Touching Friends
Lie On Floor 	Hide/Playing Under Tables

Red Zone

Mad 	Throw
Yelling 	Climb

Use these tools to get back and stay in the green zone!

Drink Some Water

Count To 10

Stretch

Talk To An Adult

Read A Book

Go For A Walk

Sensory

Quiet Break At Desk

Squeeze Hands

Listen To Music

Go To Safe Zone

