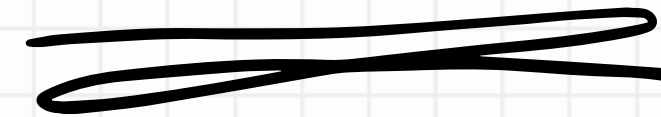




Moriac Primary School

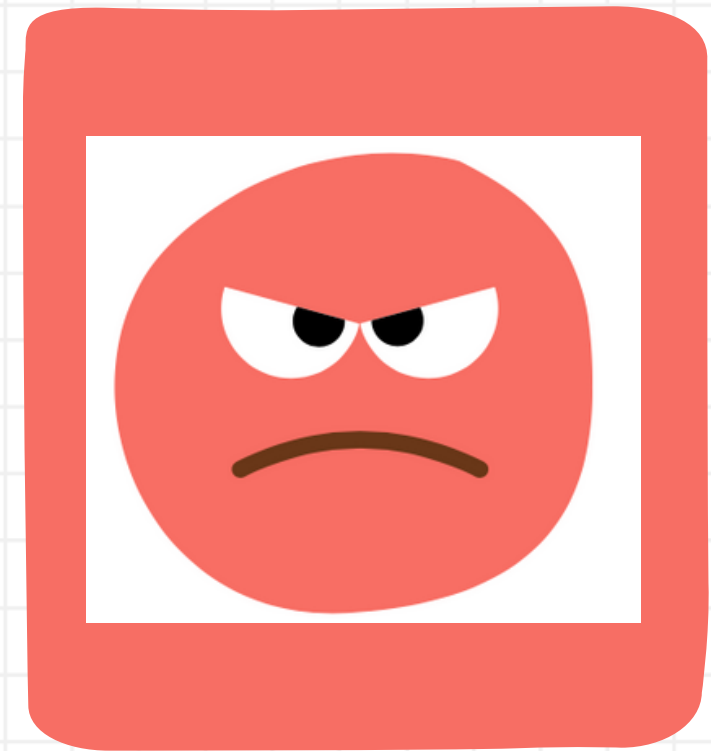
Zones of Regulation

Recognizing and understanding our emotions



Our emotions can be divided into
four colored zones:

Blue, green, yellow, and red.

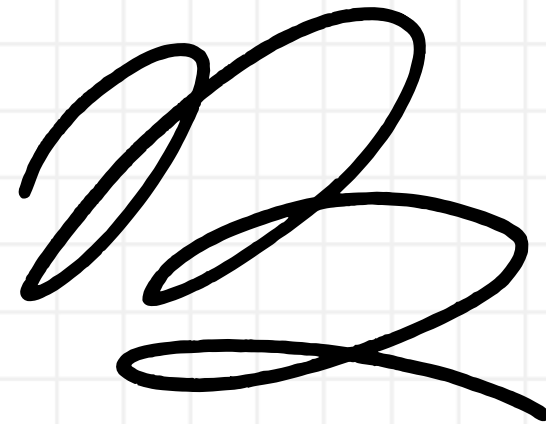


Are you in the *blue zone?*



How you might feel?

I'm feeling  Tired	I'm feeling  Sick
I'm feeling  Sad	I'm feeling  Hurt



What you can do

WHAT CAN I DO THAT CAN HELP?

-  Go outside for a walk
-  Drink some water
-  Exercise and stretch
-  Do something you enjoy
-  Use positive self-talk

Are you in the green zone?

How you might feel?

GREEN ZONE



Happy



Calm



Focused

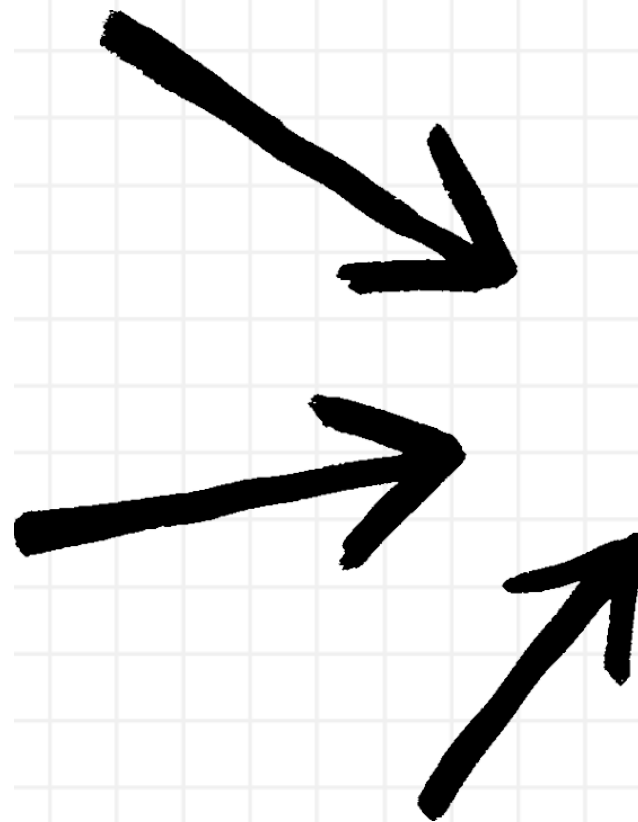


Ready

What you can do?

WHAT CAN I DO THAT CAN HELP?

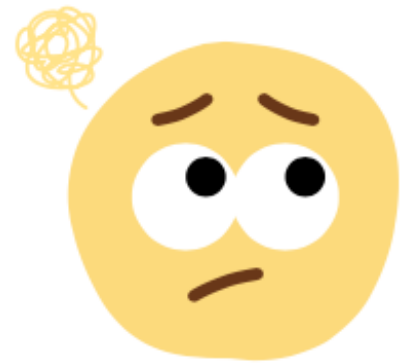
- Hug someone you love
- Sing!
- Dance around!
- Enjoy this feeling
- Share with your friends



Are you in the *yellow zone?*

How you might feel?

YELLOW ZONE



Worried



Excited



Frustrated

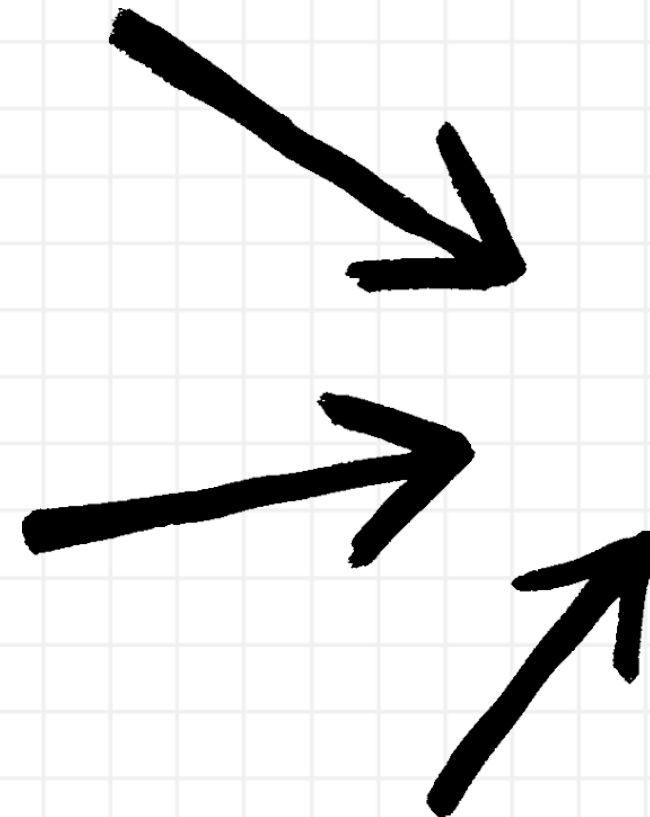


Silly

What you can do?





WHAT CAN I DO THAT CAN HELP?

- Do some drawing or painting
- Play with a calming toy
- Listen to music you enjoy
- Pause and ask for help
- Write down your thoughts



Are you in the red zone?

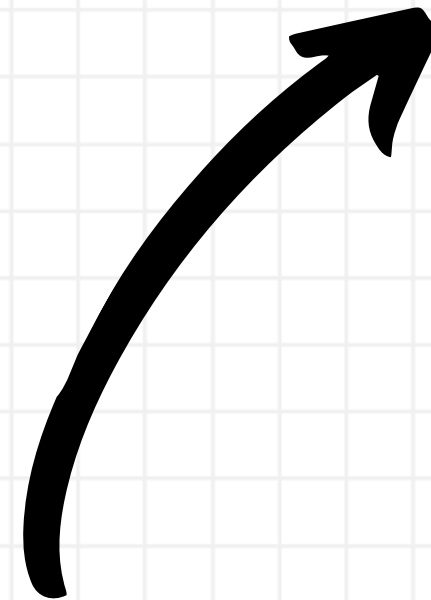
How you might feel?

<p>I'm feeling</p>  <p>Out of control</p>	<p>I'm feeling</p>  <p>Terrified</p>
<p>I'm feeling</p>  <p>Yelling</p>	<p>I'm feeling</p>  <p>Angry</p>

What you can do?

WHAT CAN I DO THAT CAN HELP?

- Count from 1 to 10 (or 100)
- Take deep breaths
- Use grounding techniques
- Go out for a ride or walk
- Talk with someone you trust



Lets play a *Game*



*What are they feeling and which zone
would it be?*




Inside Out: Guessing the feelings.



Copy link



Watch on  YouTube

You will see some of these
images in our learning spaces...

They are here to help!

RED ZONE



YELLOW ZONE



GREEN ZONE



BLUE ZONE



ZONES OF REGULATION



BLUE ZONE



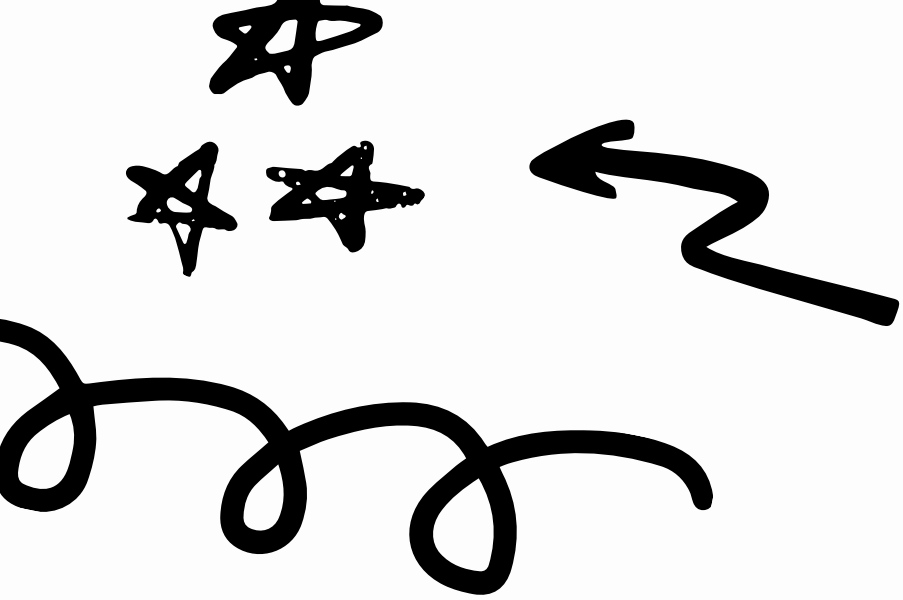
GREEN ZONE



YELLOW ZONE



RED ZONE



What *zone* are you
in today?

