THE SSSJ WAY

Zones of Regulation

THE SSSJ WAY

READY



RESPECTFUL



SAFE



Zones of Regulation

Sometimes our emotions and feelings can stop us from following the SSSJ Way: Ready, Respectful, Safe.

We need to recognise these emotions and feelings to help us to regulate.





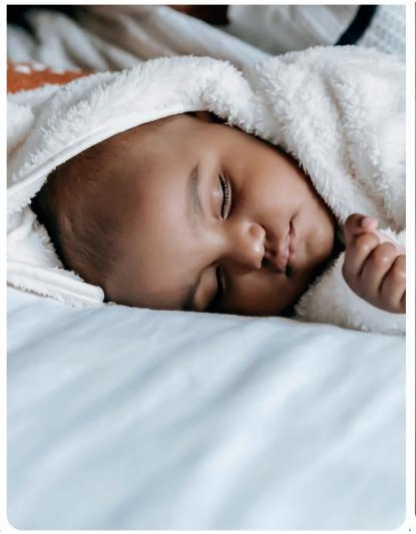
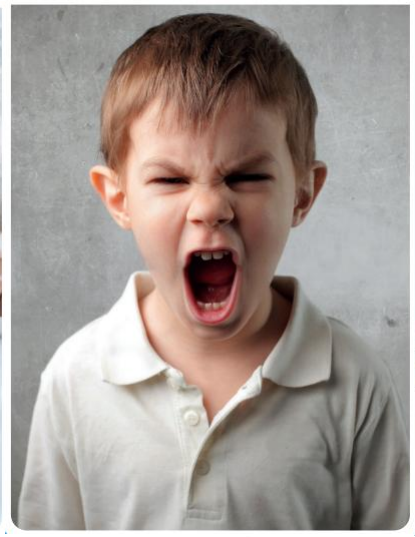


When we regulate our emotions and feelings, we can follow the SSSJ Way: Ready, Respectful, Safe.

This links to the circle of control.

Discuss how this links to the circle of control.

Emotions – How do I feel?










How would you feel?

How would you feel if...



Today was your birthday?

How would you feel if...



You were late to school?

How would you feel if...



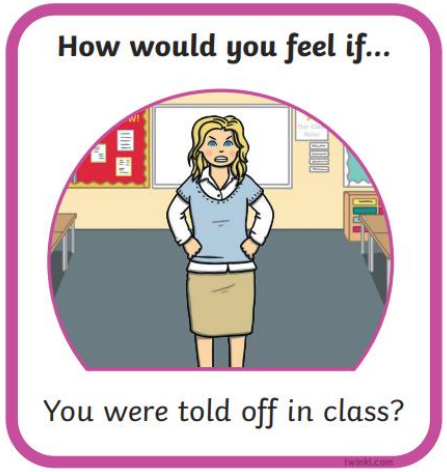
You had no one to play with at break?

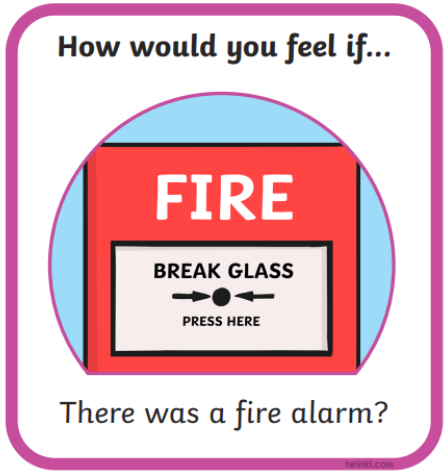
How would you feel if...



You had an argument with our friend?

How would you feel?







It is ok to have different emotions.

We need to recognise our emotions so we can find ways how to manage them.

Managing our emotions and regulating them can help us to follow the **SSSJ WAY: Ready, Respectful, Safe.**

Zones of Regulation

We can place our emotions into four different coloured zones.

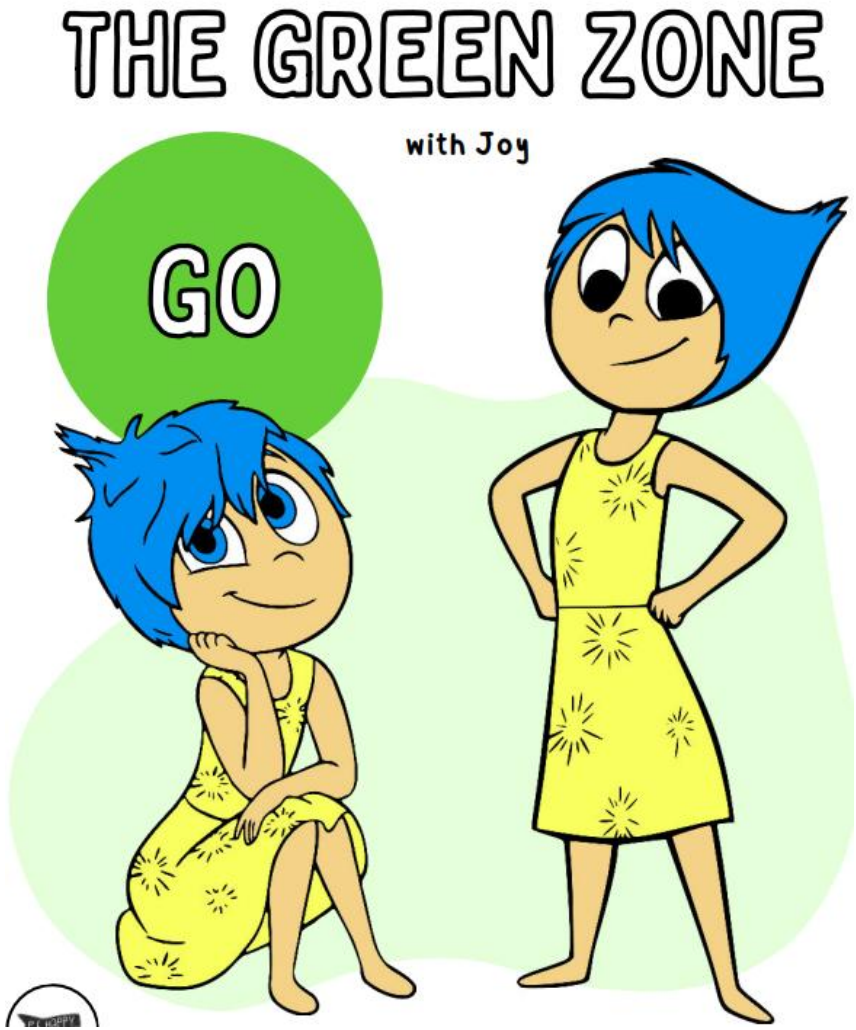


We are going to use different characters out of the 'Inside out' film to help us to recognise which emotions goes in each zone.

Let's have a look at the GREEN ZONE.


#InsideOut

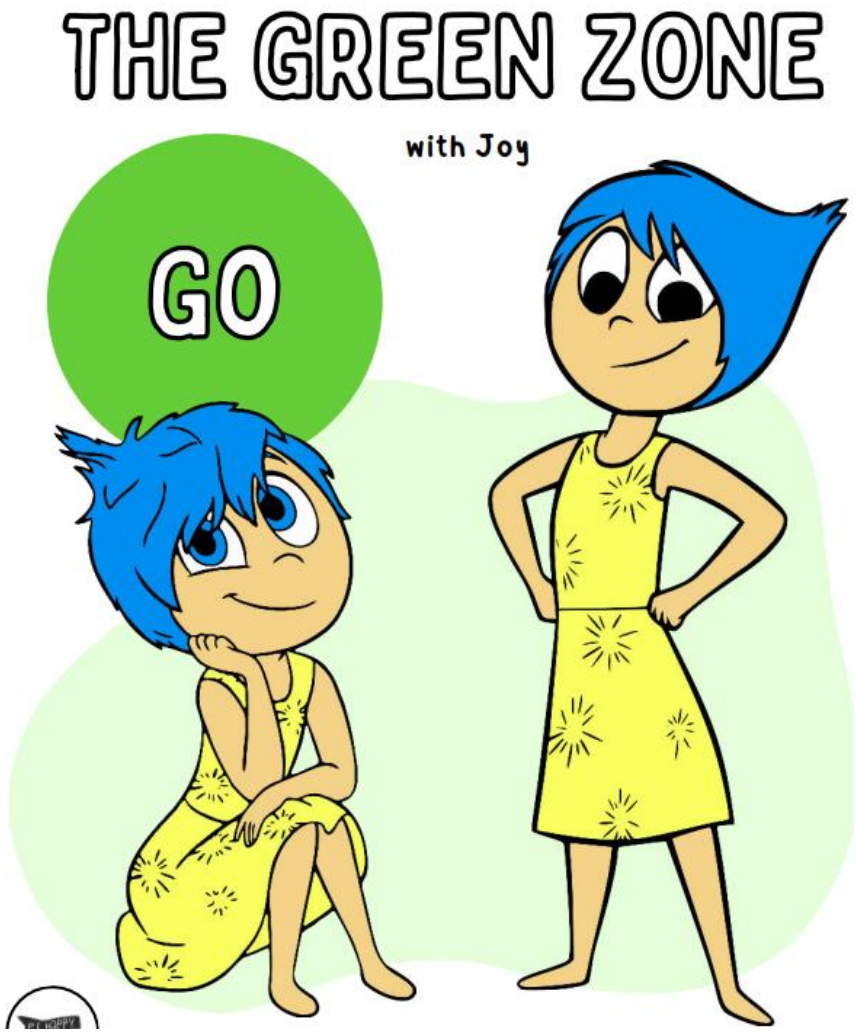
THE SSSJ WAY ~ GREEN ZONE



We want all of our children to follow the SSSJ Way: Ready, Respectful, Safe.

If we are showing we are ready, respectful and safe we are in the GREEN ZONE of regulation.

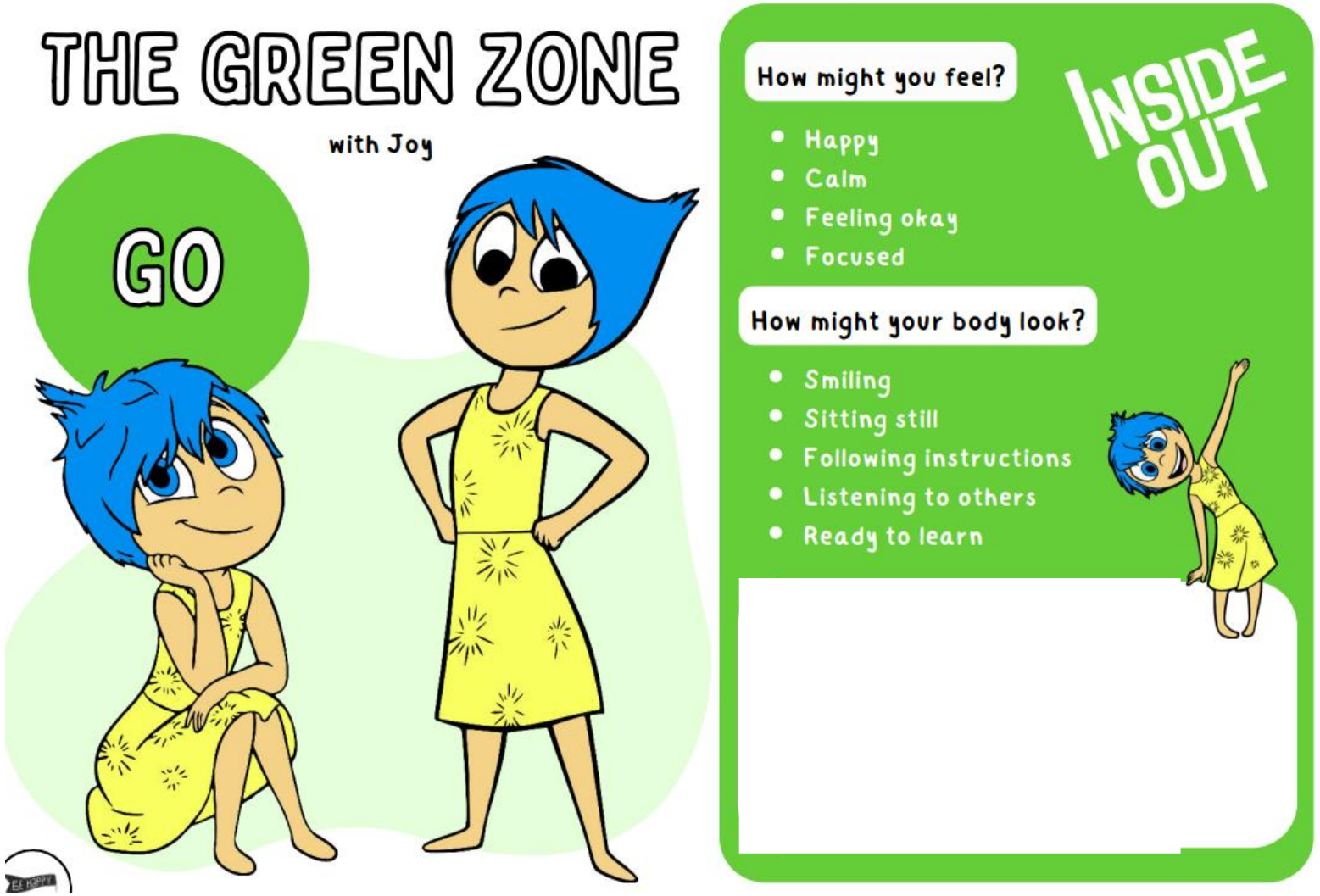
THE SSSJ WAY ~ GREEN ZONE

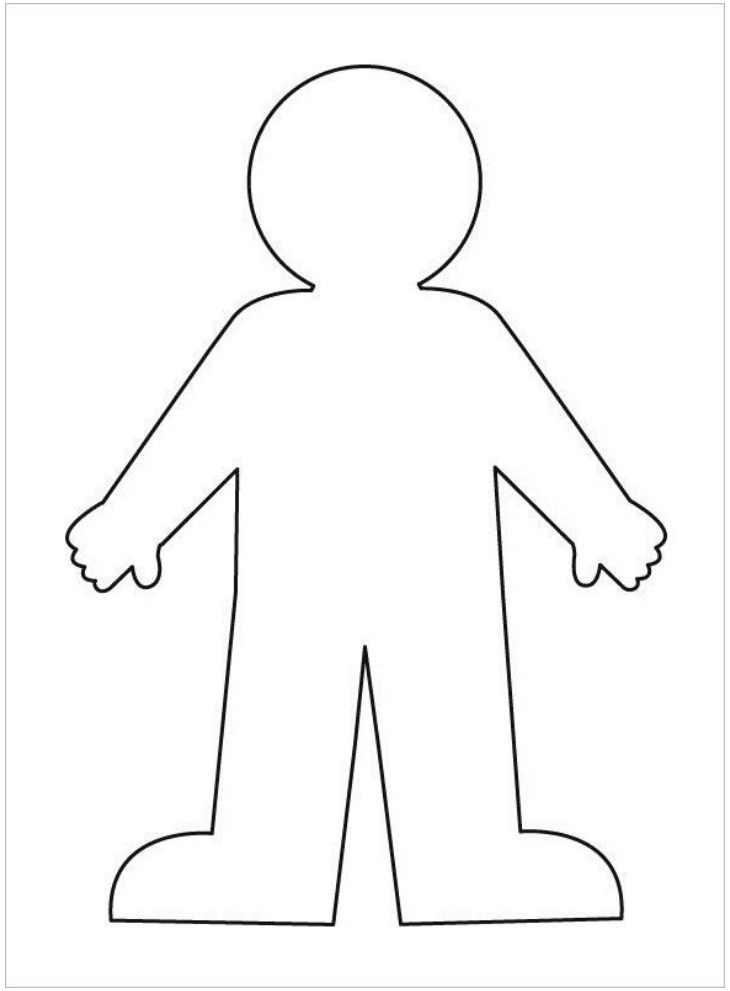


When we are in the GREEN ZONE what can we see on the OUTSIDE? What do you feel on the INSIDE?

INSIDE OUT

THE SSSJ WAY ~ GREEN ZONE





Zones of Regulation

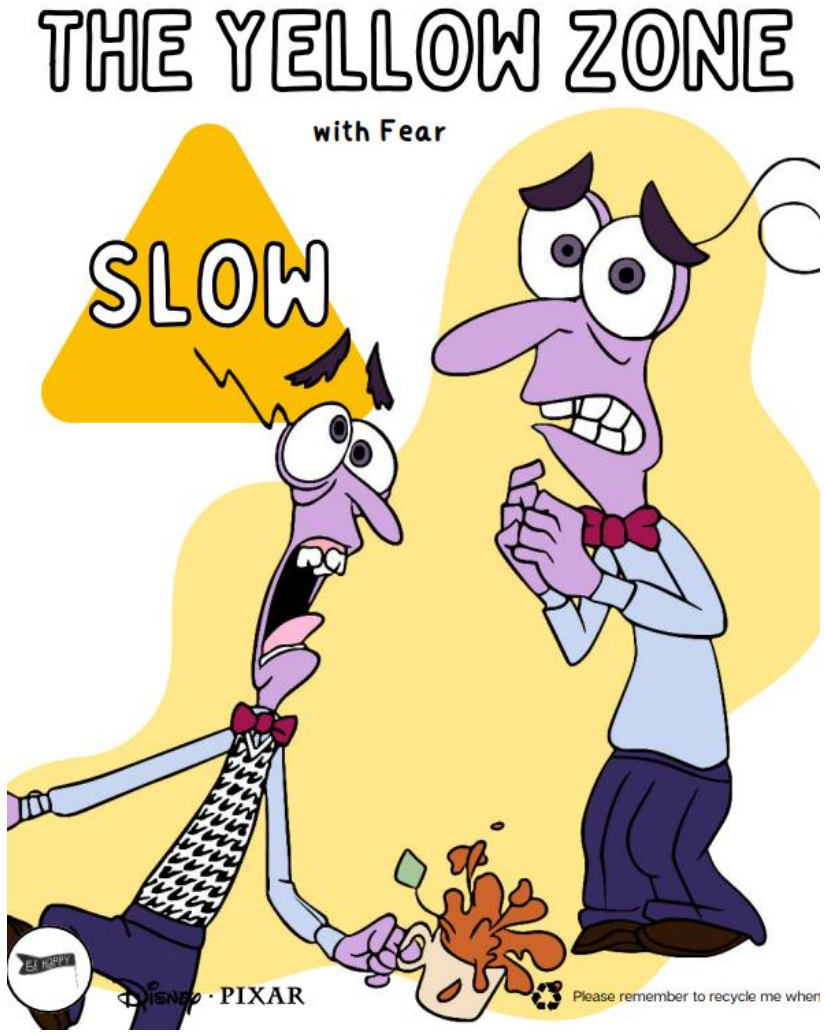
We can place our emotions into four different coloured zones.



Let's have a look at the YELLOW ZONE.

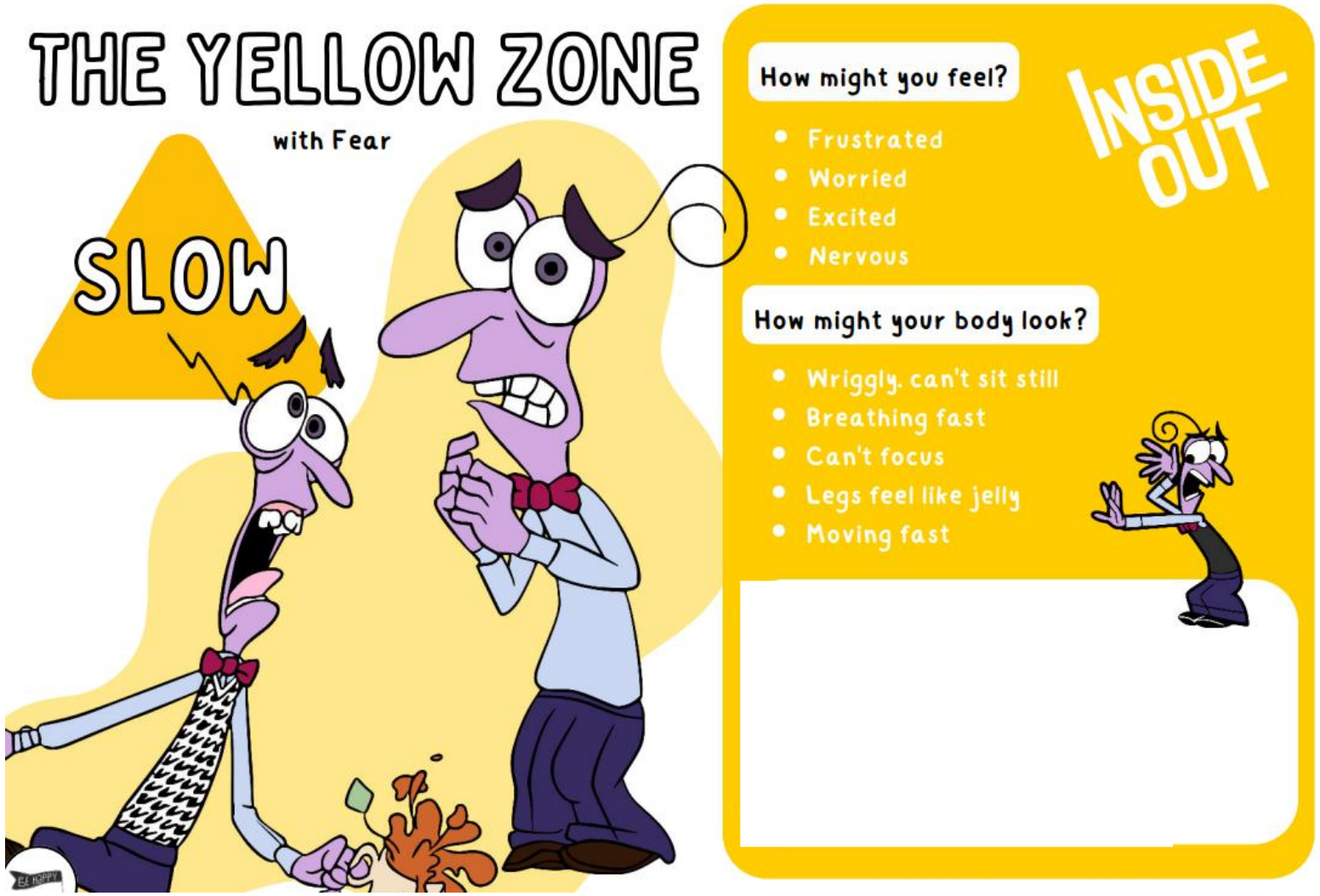

HOW IS SHE FEELING?

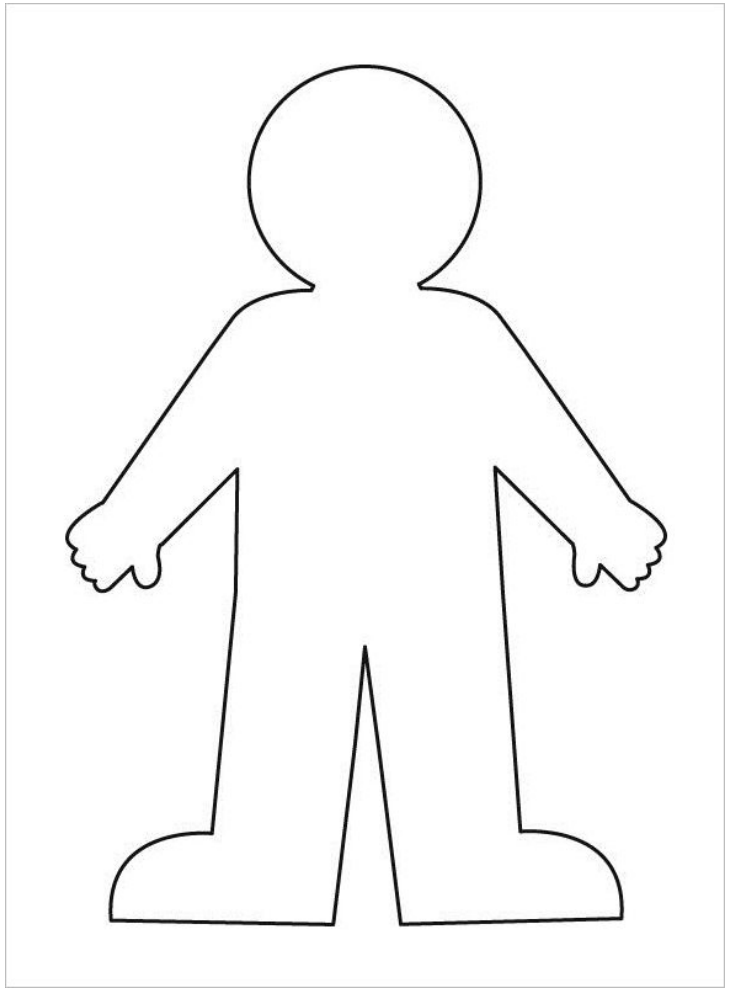
YELLOW ZONE



When we are in the YELLOW ZONE what can we see on the OUTSIDE? What do you feel on the INSIDE?

YELLOW ZONE


THE YELLOW ZONE
with Fear
SLOW
How might you feel?
Frustrated
Worried
Excited
Nervous
How might your body look?
Wriggly. can't sit still
Breathing fast
Can't focus
Legs feel like jelly
Moving fast
INSIDE OUT



Zones of Regulation

We can place our emotions into four different coloured zones.



Let's have a look at the RED ZONE.


#InsideOut

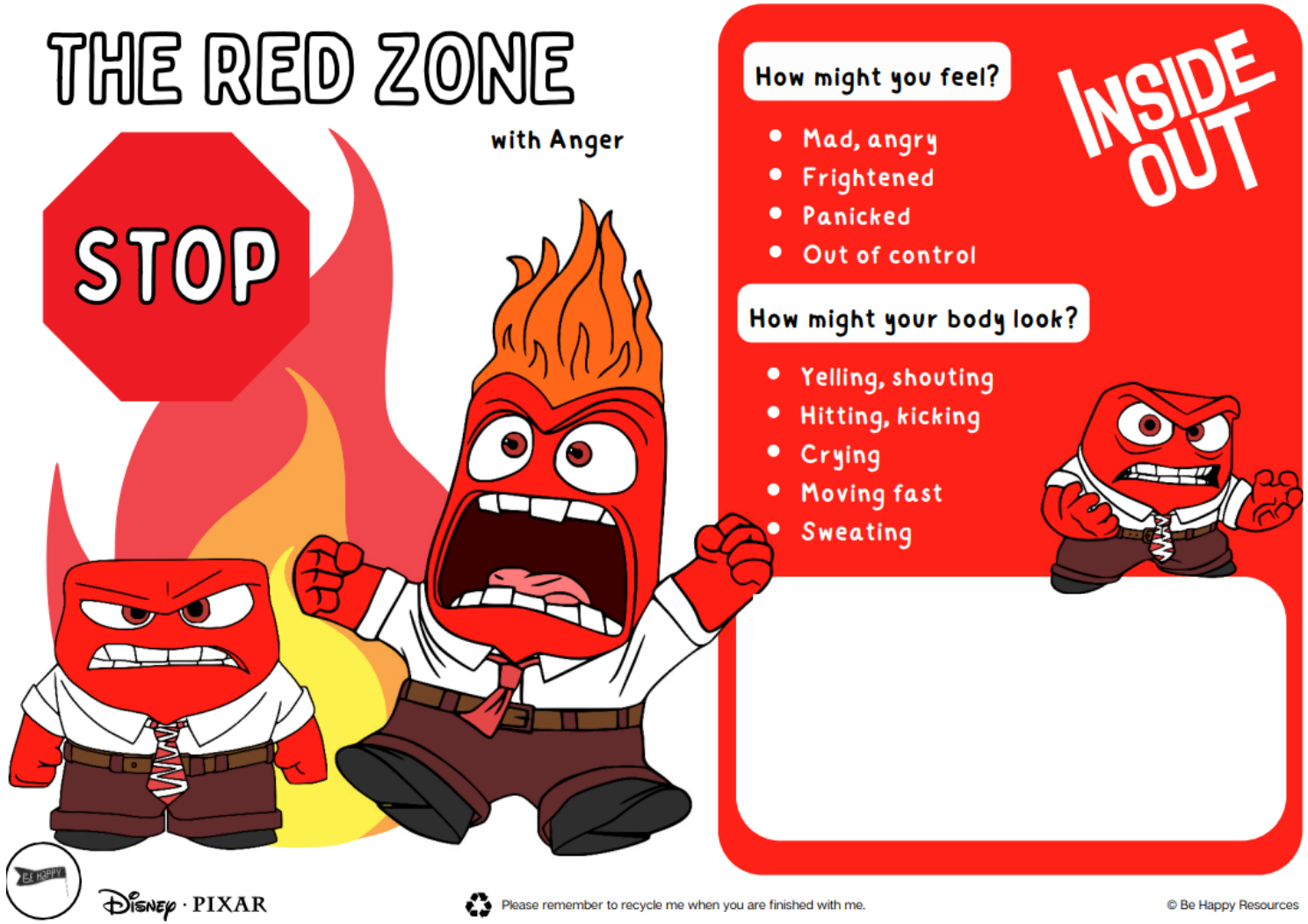
RED ZONE

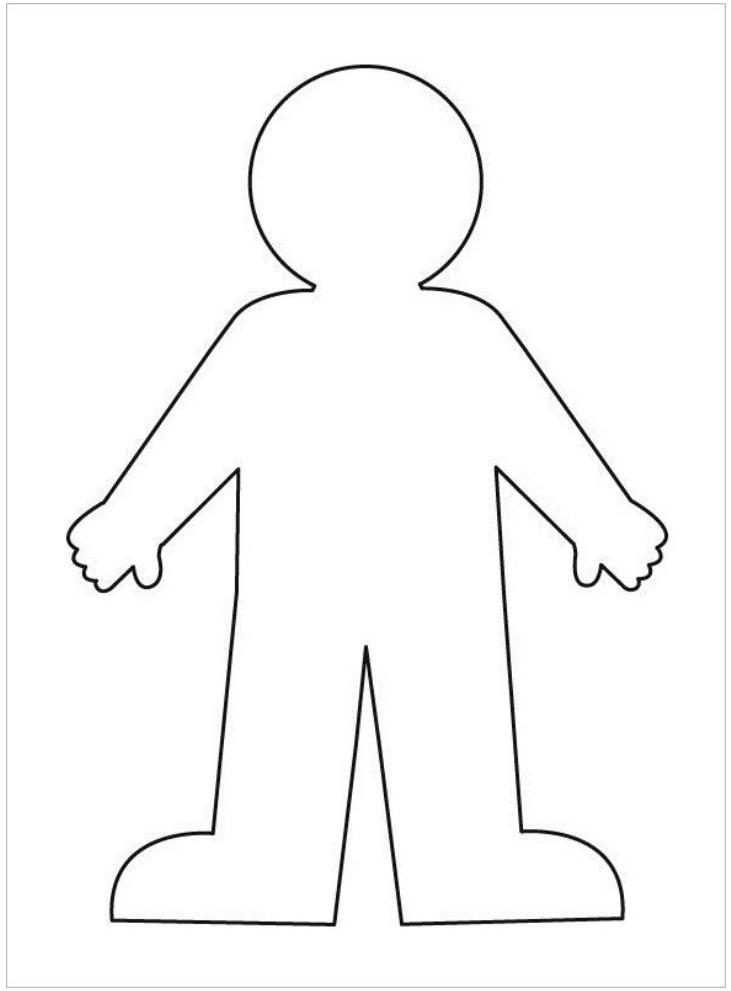


When we are in the **RED ZONE** what can we see on the OUTSIDE? What do you feel on the INSIDE?

INSIDE OUT

RED ZONE


THE RED ZONE
with Anger
STOP
How might you feel?
Mad, angry
Frightened
Panicked
Out of control
How might your body look?
Yelling, shouting
Hitting, kicking
Crying
Moving fast
Sweating
INSIDE OUT
Disney · PIXAR
Please remember to recycle me when you are finished with me.
© Be Happy Resources



Zones of Regulation

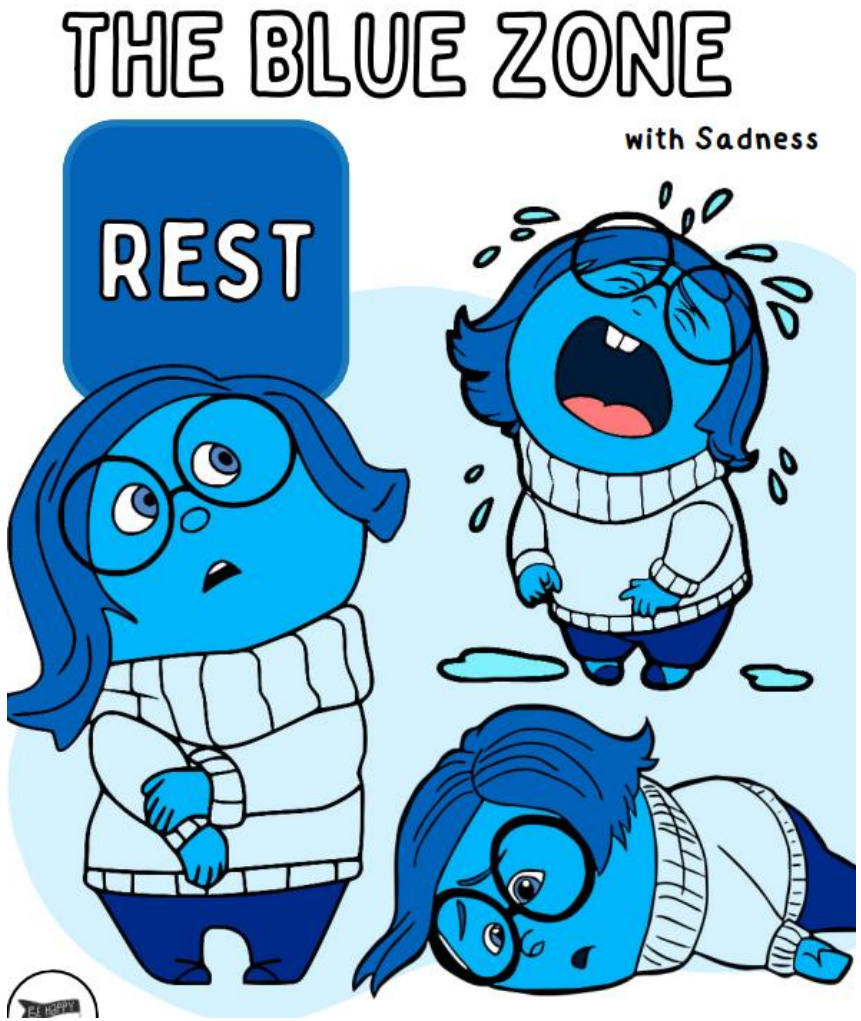
We can place our emotions into four different coloured zones.



Let's have a look at the BLUE ZONE.


HOW IS SHE FEELING?

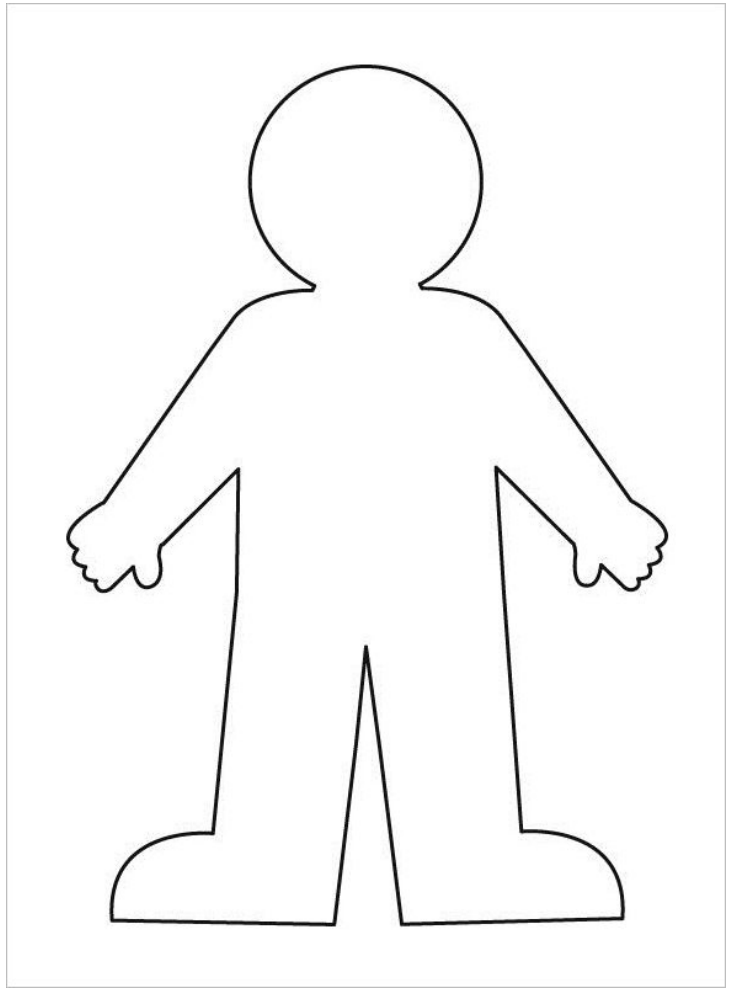
BLUE ZONE



When we are in the **BLUE ZONE** what can we see on the OUTSIDE? What do you feel on the INSIDE?

BLUE ZONE


THE BLUE ZONE
with Sadness
REST
How might you feel?
Sad
Sick
Tired
Bored
How might your body look?
Moving slow
Half open eye lids
Yawning or sighing
Slouching
Crying
INSIDE OUT



Quick Recap on the Zones of Regulation



