



































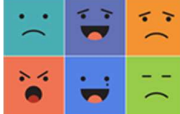
















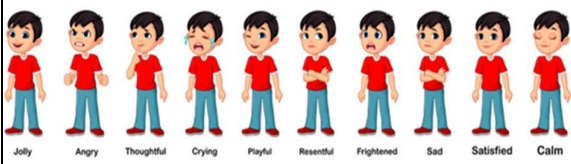


Zones of regulation



Year 2 Relationships and Health Education – Autumn 1

I need to remember.....	Subject Specific Vocabulary																						
<ul style="list-style-type: none"> I can be a good listener by looking at the person who is talking If I want to say something I can put my hand up and wait my turn – this is being patient I am good at lots of different things I can relax by reading a book, watching tv or playing with my toys Sometimes we might need to do some deep breathing or counting to 10 to help calm us down We remember the four zones of regulation from Year 1 – red is angry/cross, yellow is worried/anxious, green is happy/excited, blue is nervous/sad When we have big emotions we need strategies to help us calm We can see people’s emotions through their body language and facial expressions 		<p>listen</p> <p>Use your ears to listen to someone talking to you</p>																					
		<p>patience</p> <p>Give someone time</p>																					
		<p>relax</p> <p>Breathe, calm, think of nice things, count to 10</p>																					
		<p>calm</p> <p>Enjoy hobbies and activities out of school, relax</p>																					
<p>Zones of regulation The ZONES of Regulation®</p> <table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>BLUE ZONE Sad Sick Tired Bored Moving Slowly</td> <td>GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn</td> <td>YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control</td> <td>RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control</td> </tr> </table>					BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control	<table border="1"> <tr> <td> happy</td> <td> angry</td> <td> nervous</td> <td> jealous</td> </tr> <tr> <td> confused</td> <td> shy</td> <td> disgusted</td> <td> scared</td> </tr> <tr> <td> cry</td> <td> loving</td> <td> tired</td> <td> disappointed</td> </tr> </table>	 happy	 angry	 nervous	 jealous	 confused	 shy	 disgusted	 scared	 cry	 loving	 tired	 disappointed		<p>emotions</p> <p>Thoughts and expressions which tell others how we are feeling</p>
																							
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			<p>Body language – showing people how we feel</p>																				