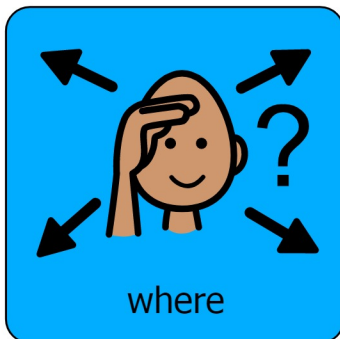
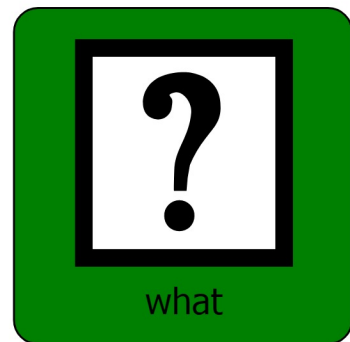


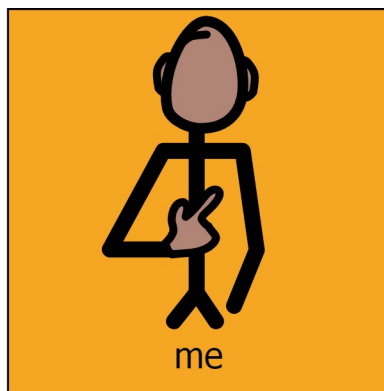
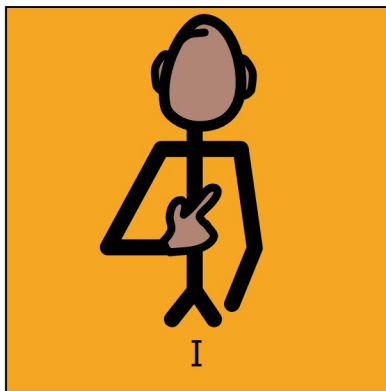
Colourful Semantics - PSHE Pack

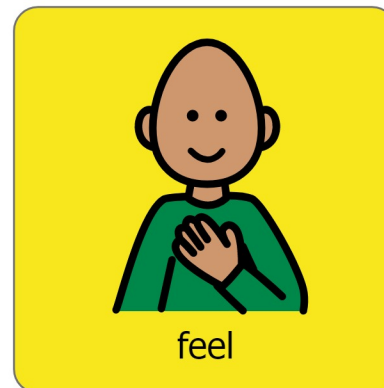
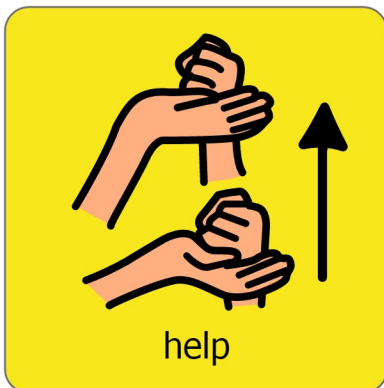
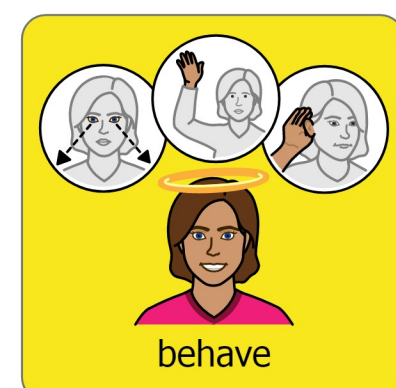
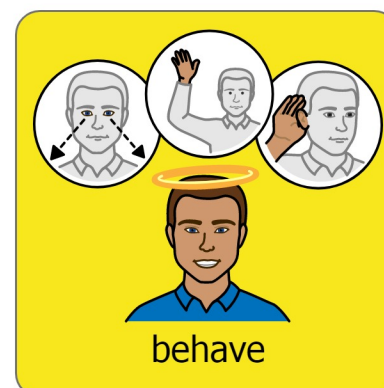
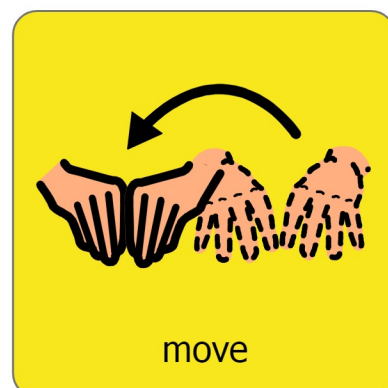
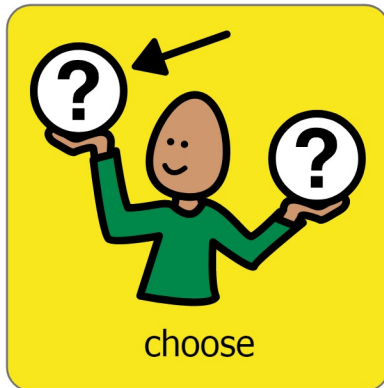
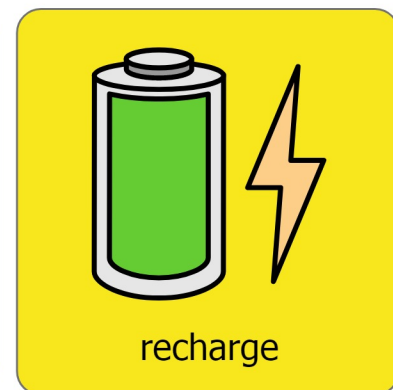
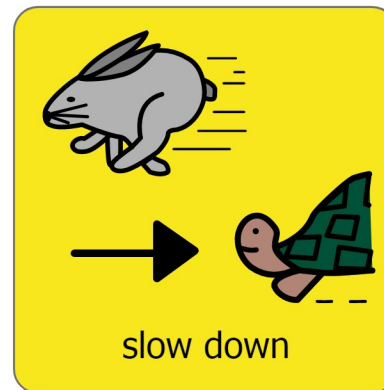
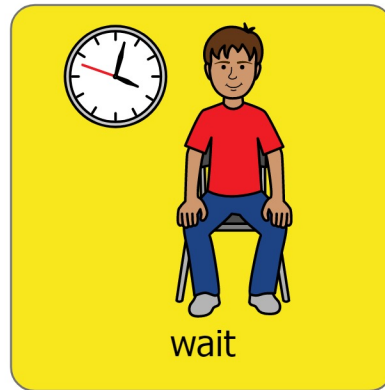
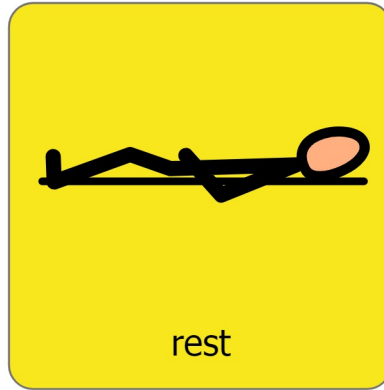
Zones of Regulation

You can use this pack with children when exploring, talking, reading and writing about 'Zones of Regulation'. It supports the acquisition, recall and sequencing of related vocabulary, and provides the shape coding for adjectives to identify emotions when self-monitoring behaviour.



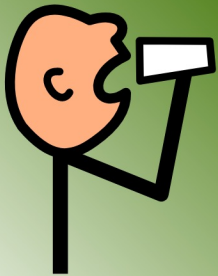
You can prompt them by asking questions such as:- How do you feel?- What zone are you in?- What tools can you use to move out of the zone?







The tools to help me



drink of water



count numbers



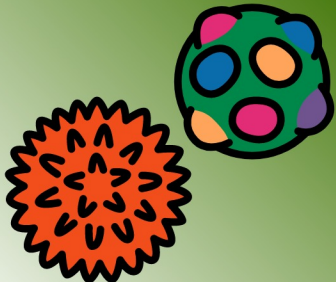
deep breaths



squeeze and release



wall push up



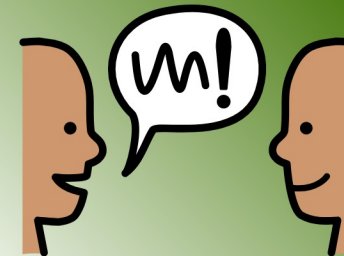
use fidgets



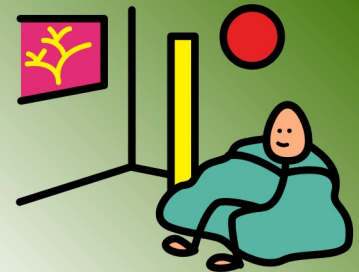
draw



write this



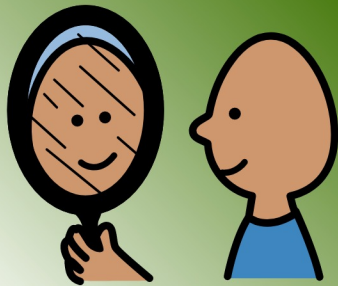
talk with adults



take a break



The tools to help me



self talk



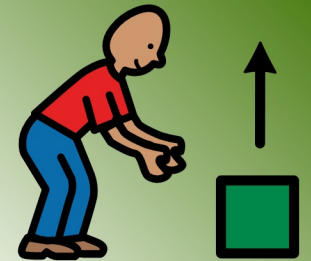
take a walk



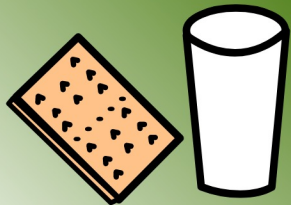
stretch



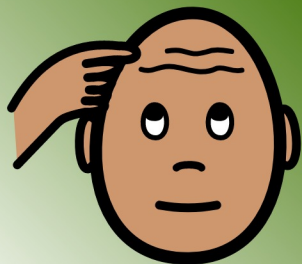
exercise



lift something heavy



ask for a snack

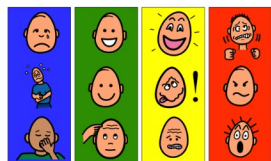


think of a calm space



listen to music

The Zones of Regulation



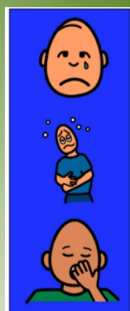
Blue Zone
sad
tired
sick
stressed

Green Zone
happy
calm
feeling ok
moving slowly

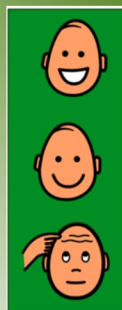
Yellow Zone
frustrated
excited
silly/energetic
focused
boss of some control

Red Zone
mad/angry
overexcited
screaming
out of control

Zones of Regulation



blue zone



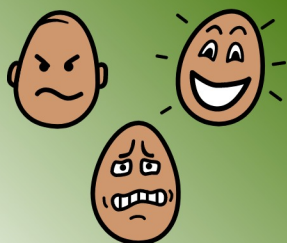
green zone



yellow zone



red zone



feelings
emotions



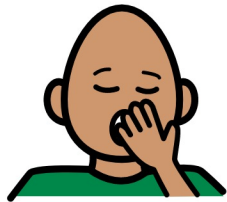
energy



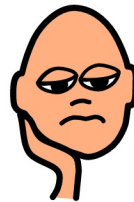
colours



behaviour



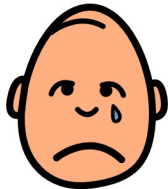
tired



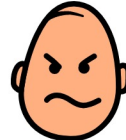
bored



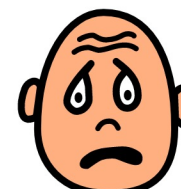
happy



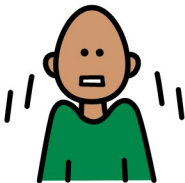
sad



angry
cross



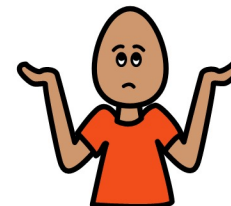
worried



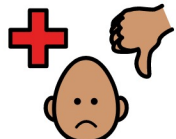
nervous



tense
tight



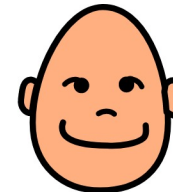
confused



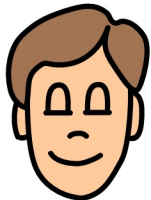
ill
poorly



proud



content



calm



agitated



alone



annoyed



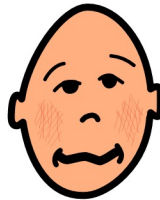
confident



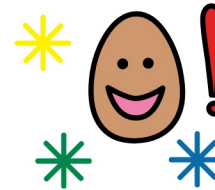
stressed



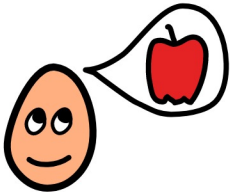
shy



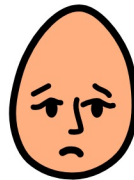
embarrassed



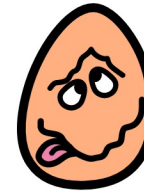
fantastic



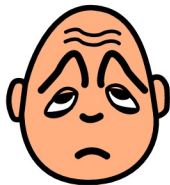
hungry



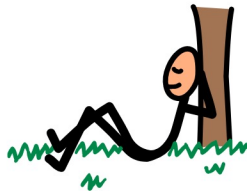
hurt



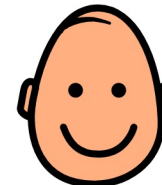
silly



exhausted



lazy



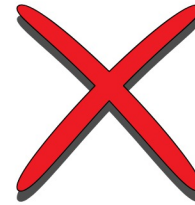
good



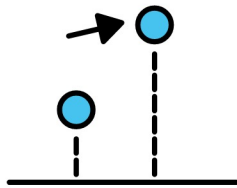
bad



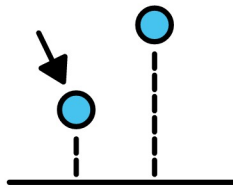
right



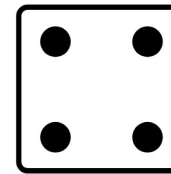
wrong



high



low



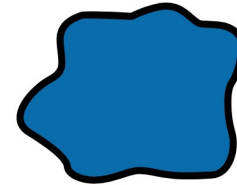
four



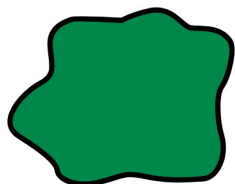
four

4

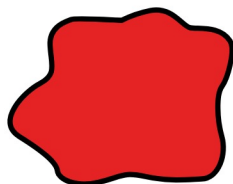
four



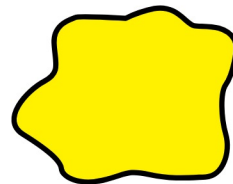
blue



green



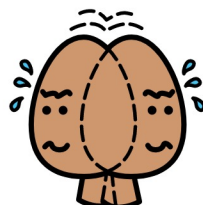
red



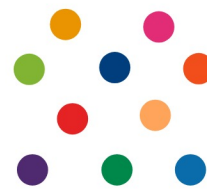
yellow



out of control



panicky



coloured

