

Thursday 25th June

Lesson 4- Next Steps

What do you need?

Pen and Paper

Blue Zone



Going slow

E.g. sad, sick, tired,
bored

Green Zone



Good to go

E.g. happy, calm,
focused, ok

Yellow Zone



Caution

Starting to lose control

E.g. worried, excited,
annoyed

Red Zone



Stop!

Out of control

E.g. angry, terrified,
elated

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Developing our Zones of Regulation for home.

Learning Objective: To be able to adapt and create our strategies at home for our zones.



**What would you tell
someone new starting
KS5 about our zones of
regulation?**

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Developing our Zones of Regulation for home.

**Who are our
experts?**

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Learning Objective: To be able to adapt and create our strategies at home for our zones.





Learning Objective: To be able to adapt and create our strategies at home for our zones.

Blue Zone	Green Zone	Yellow Zone	Red Zone

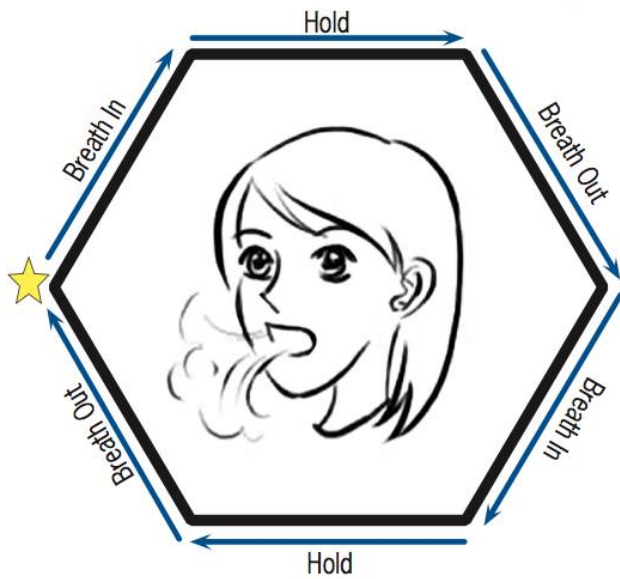
Learning Objective: To be able to adapt and create our strategies at home for our zones.

Blue Zone	Green Zone	Yellow Zone	Red Zone
E.g sad, sick, tired, bored	E.g. happy, calm, focused	E.g. frustrated, worried, excited	E.g. angry, rage, terrified, elated

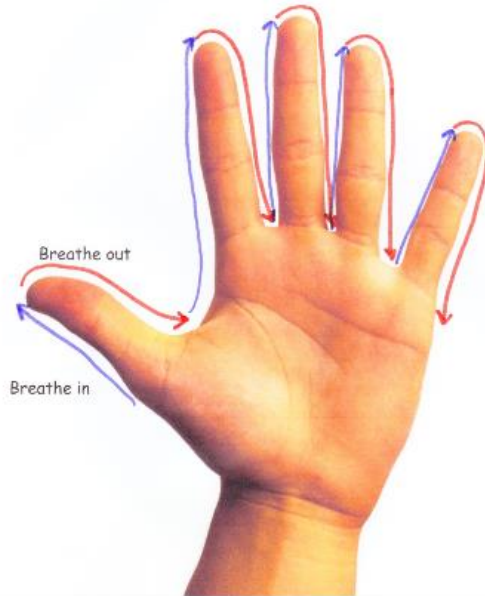
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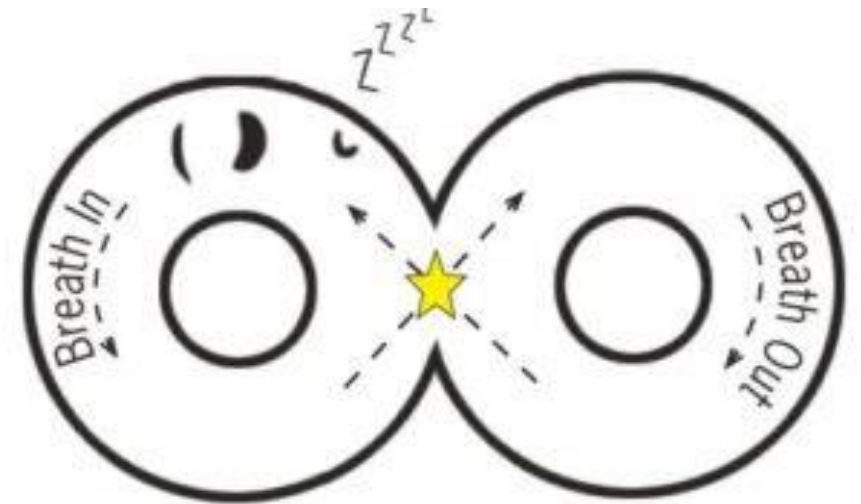
The Six Sides of **Breathing**



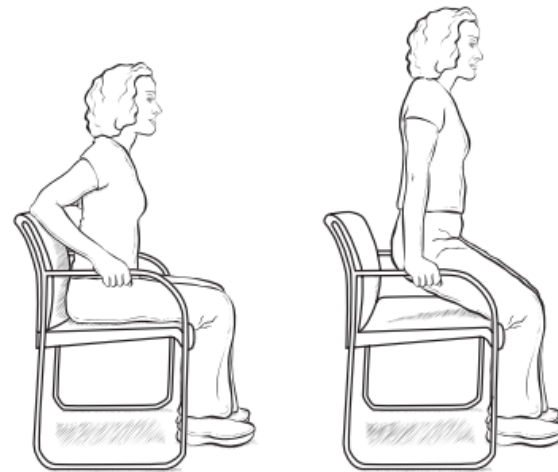
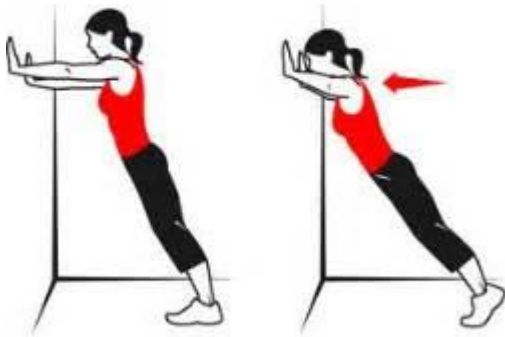
High 5 breathing

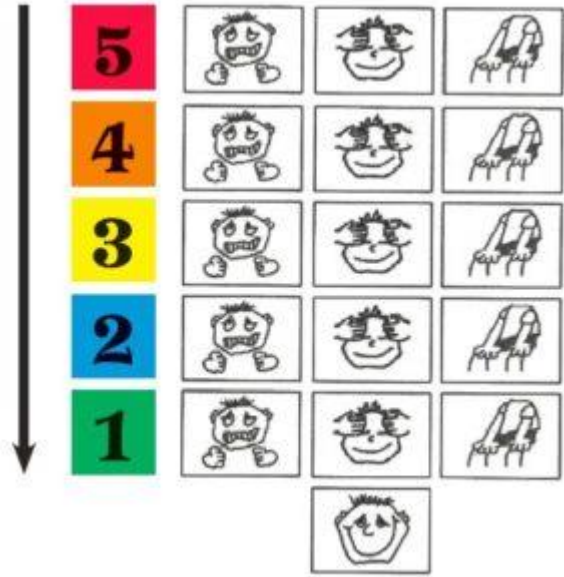


Lazy 8 breathing

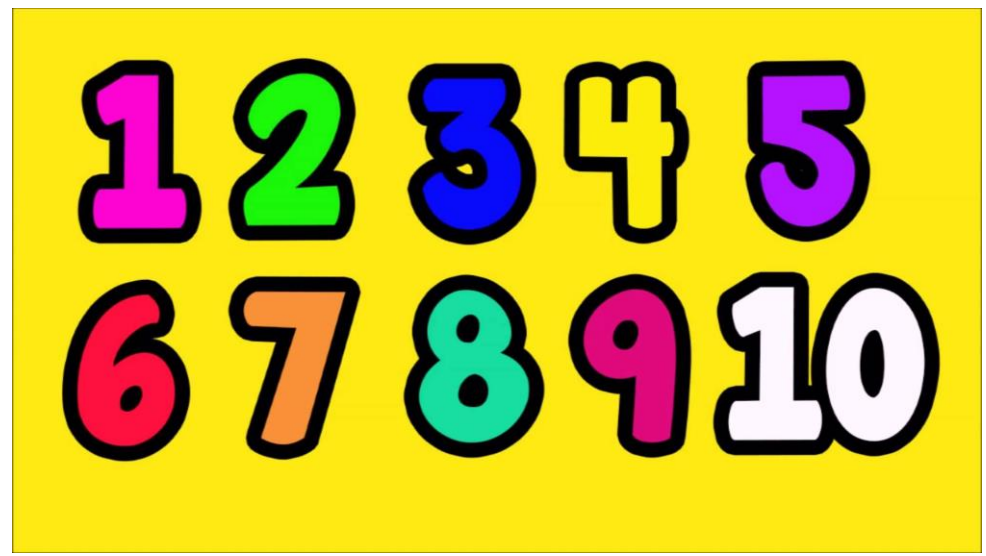


Wall or chair push ups





Calming sequence



Count to 10

Ear defenders



Weighted jacket



Chew Buddy



Putty



Stress ball



Use the mini gym equipment



Go to the Quiet Room or Sensory Room



I am not coping.

I am going to the Quiet Room
for 5 minutes.



I am not coping.

I would like to go to the
Sensory Room for 5 minutes.

Use the trim trail

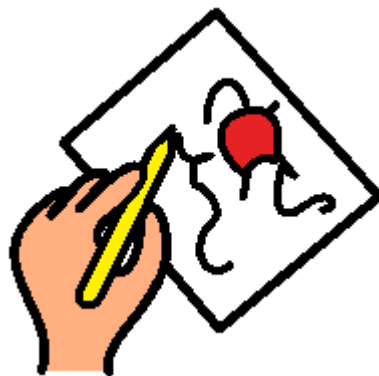


Listen to music

Use a fiddly



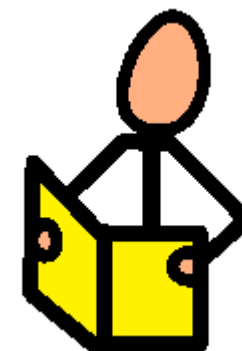
Draw

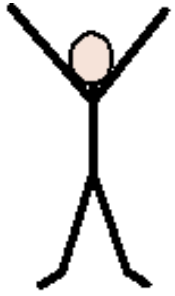


Colour

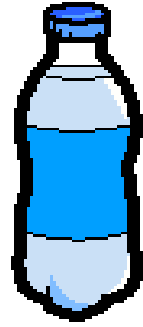


Read

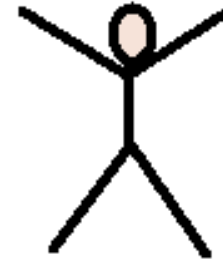




Stretch



Drink some water



Star jumps



Run round the playground



Bounce on a peanut ball



Tell an adult



Stay safe







Take time to calm down







Lay on or under the beanbag

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<p>Blue Zone</p> 	<p>Green Zone</p> 	<p>Yellow Zone</p> 	<p>Red Zone</p> 
<p>E.g. sad, sick, tired, bored</p>	<p>E.g. happy, calm, focused</p>	<p>E.g. frustrated, worried, excited</p>	<p>E.g. angry, rage, terrified, elated</p>
<p>Lay down/Sleep Have some water Eat Time alone Read Drawing Listen to music Tell an adult Get some fresh air Painting</p>	<p>Listen to music Play with Oscar Remember to smile Cheer others up Dancing</p>	<p>Sit on my sofa with a blanket Have a drink Talk to mum Tidy/Clean Text a friend Draw Paint Listen to music Watch TV Take a walk Fiddle toy/Playdough Make myself some food. Stretch Deep breath Read Give someone a hug Dancing</p>	<p>Hug/ play with Oscar Cry Talk to someone Go for a walk Fresh air Go in my sensory room. Look at picture or something that makes you happy. Scream into a pillow</p>