

The **ZONES** of Regulation™

Term 2 2024:

Understanding Different Perspectives

The children will be learning about Understanding Different Perspectives – i.e. what a person does can affect how others feel and think.

Please be aware that, for some children, their age or needs may impact on how well they can consider other people's perspectives.

How Do I Feel?

The children will be matching an emotion to a hypothetical scenario and then categorizing the emotion to one of the four zones. This will help them further recognize how different events evoke a range of emotions and in addition, how different people might have personal, and different, reactions to a situation.

Something to try at home:

At home, openly discuss different situations and consider how each family member has felt. This will show your child that people's emotional reactions may be different to the same event. Sometimes it might help to use 'Comic Strip Conversations' by drawing different stick characters, to consider who might have said what, how different people felt and what each person's intentions were in a given situation. This can take away the personal feelings of being judged or that anyone is in the right or wrong. All feelings should be validated.

If a situation is particularly emotive, it is always best to discuss it once everyone is in the Green Zone, as it is hard to discuss feelings rationally when emotions are heightened.

