

The **ZONES** of Regulation™

Term 5 2024:

There will be two main foci this term, which will include more thinking strategies:

1) **Inner Coach vs Inner Critic**

This is about 'self-talk.' i.e. the voice we hear inside our head. Sometimes the voice takes a negative tone, as an 'inner critic'; sometimes the voice can be encouraging and positive, as an 'inner coach.' The children will then consider that their brain determines which voice they listen to and whether that voice has the power. Some classes will create characters for their inner critic and inner coach. E.g Poisonous Parrot and Clever Cat.

2) **Superflex vs Rock Brain**

This is about exploring characters who represent flexible versus rigid thinking and how these may contribute to being in different Zones. Flexible thinking patterns are when a person is able to consider different points of view or ways to do something. Rigid thinking patterns are when a person gets stuck on an idea and has difficulty considering other options or ways of doing something.

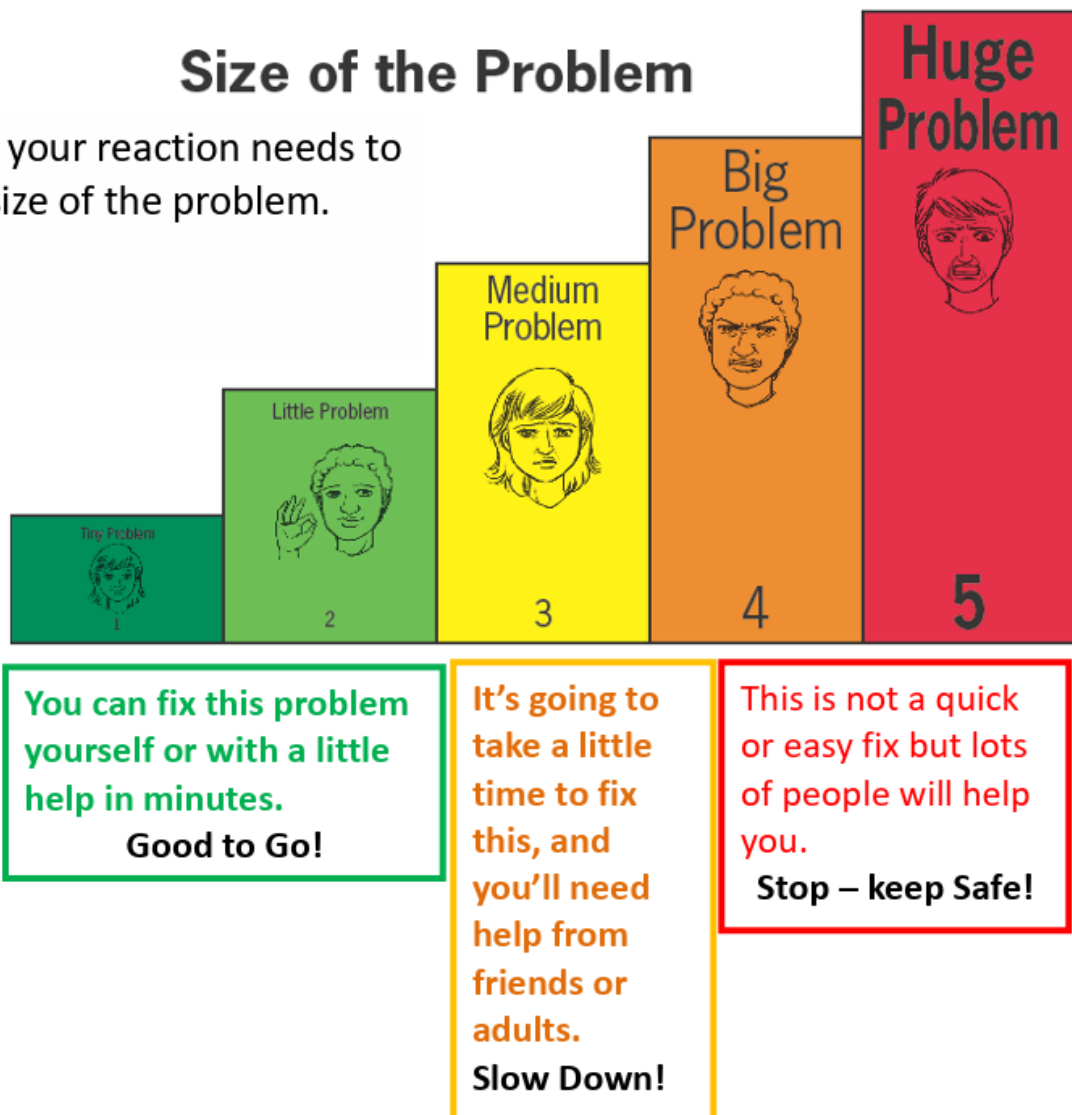
Something to try at home: The Size of the Problem

Last term, one of our Zones of Regulation foci considered the size of the problem: This gave the children the opportunity to decide whether problems are big, medium or small and to gain insight into their reactions. This should lead the children to using their understanding of the size of the problem to regulate their Zone. Please find some resources on the next couple of pages to discuss with your child. (This should be done when they are in the Green Zone.) This may then help them to consider strategies they could use in future depending on the size of the problem and the Zone they find themselves in.



Size of the Problem

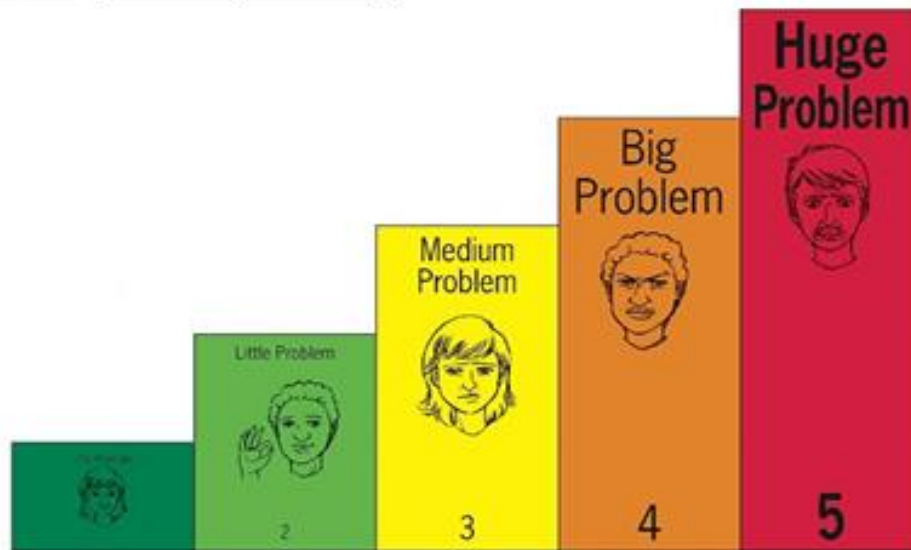
Remember, your reaction needs to match the size of the problem.

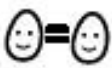





Problem Solving

What is the problem?

How big is the problem?



What could you do?	 Is it fair?	 Is it safe?	 How will other people feel?	 Will it work?	Tick (✓) the one you think this is the best solution