

The **ZONES** of Regulation™

Term 6 2024:

This term our Zones of Regulation foci will be:

1) My Zones Across the Day:

This lesson helps the children gain an awareness that their Zones change during the day, along with an understanding of personal triggers that influence their Zones. They will reflect on whether the Zone is expected or unexpected and how it affects others' thoughts.

2) Caution! Triggers Ahead:

In this lesson, the children will reflect on which events or triggers push them into the Yellow, Blue or Red Zones. They gain an awareness that they can be more successful if they can manage their triggers and Zones. They will also work on problem solving to manage their triggers.

Something to try at home:

When your child is in the Green Zone, use the attached resource to discuss with them which their triggers are in each of the Zones. Everyone in the family could discuss their own triggers so that they understand everyone has triggers which affect their mood. This might help them to start to manage their own triggers and emotions more successfully.



What Are My Triggers?

			
What causes me to be in the Blue Zone?	What causes me to be in the Green Zone?	What causes me to be in the Yellow Zone?	What causes me to be in the Red Zone?