

Note for Parents: The students have been learning about the following...

ZONES of Regulation

One of the most important skills we can teach children is how to identify and regulate their emotions. This skill provides a lifetime of benefits extending to every part of life - from work and school to relationships and beyond.

What are Zones of Regulation®?

The **Zones of Regulation®** is divided into four color-coded categories based on thoughts and emotions:

The Blue Zone

This zone is for feelings that can be described as slow or heavy - such as feeling sad, tired, discouraged, bored, or sick.

The Green Zone

Feelings in the green zone feel light and friendly - such as feeling happy, delighted, calm, centered, or focused.

The Yellow Zone

This zone is for feelings that are warning you that you might lose control - feelings such as frustration, anxiety, and worry. It also includes what we may consider "positive" emotions like feeling energetic, silly, or surprised (because these emotions can still lead to out of control behaviour).

The Red Zone

This is the "danger zone" for intense feelings like anger, panic, rage, terror, aggression, and extreme grief. In this zone, your actions are out of control, and the most important thing to do is stop as quickly as possible.

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Activities for Each Zone of Regulation

Below are a few activities students can use to respond to feelings in each zone. (We have activities for the green zone too - learning to understand and respond to positive emotions is also a useful skill to have.)

Blue Zone Activities

1. Take a walk outside and look at the trees and wildlife.
2. Have a snack.
3. Find a comfy spot to rest (read a book if you want to).

Green Zone Activities

1. Write down three things that make you happy.
2. Do a little schoolwork.
3. Spend time with a family member (or friend - when we are allowed to again 😊).

Yellow Zone Activities

1. Draw a picture or color a page in a coloring book.
2. Chill out with a calming glitter tube.
3. Try a calming strategy - I will send home some more ideas each week.

Red Zone Activities

1. Do some belly breathing - [see below!](#) Try this with your children this week.
2. I will send home more stress management techniques next week.

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Belly Breathing

Taking a slow and intentional breath (or several) is the fastest way to activate the relaxation response in the body. It gives your body a chance to calm and reset.

When we reconnect with natural deep breathing patterns, our nervous system can finally relax. For kids, this can mean reducing stress and emotional turmoil.

So, how do we reconnect with our breath?

Introduce mindful belly breathing into your daily routine.

Using your breath is the most powerful technique to relieve stress, center your mind, and calm the body. It's almost too simple, which is probably why it's often overlooked.

Kids often get stuck in a cycle of repetitive thoughts and worries. Mindful deep breathing helps kids bring their attention to their breath instead of thoughts or worries that can provoke anxiety. Mindful breathing can help them learn new ways to cope with stress, as well as fuel their bodies with fresh oxygen to optimize physical and mental health.

METHOD #1 - In & Out Breath

How to do it:

- Sit or stand up nice and tall.
- Place one hand over your belly and one hand over your heart.
- Close your lips and (if comfortable) we are going to breathe in through our nose (like smelling a fragrant flower) and then out through our mouth (as if blowing out birthday candles).
- Breathe in deeply through your nose to fill up your belly for 4...3...2...1.
- Now, breathe out through your mouth letting all the air out for 4...3...2...1.
- Repeat this same pattern three more times and notice how you feel. Can you think of a time in your day that this might be helpful?

Inhale  Exhale
SMELL THE FLOWER | BLOW OUT THE CANDLES

