

What do you do if your body feels cold?



What do you do when your body feels hot?

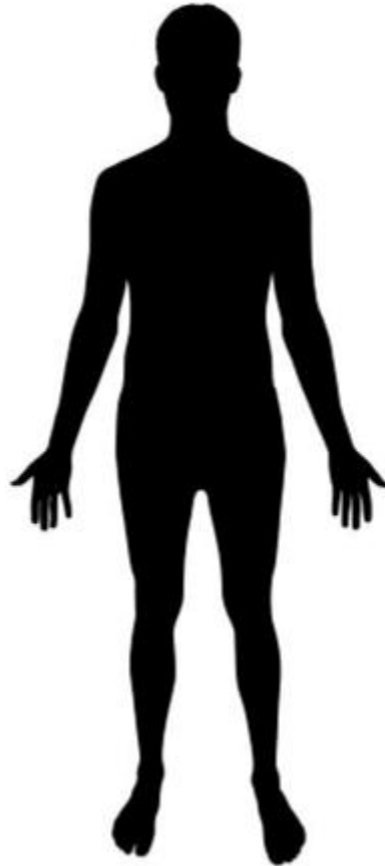


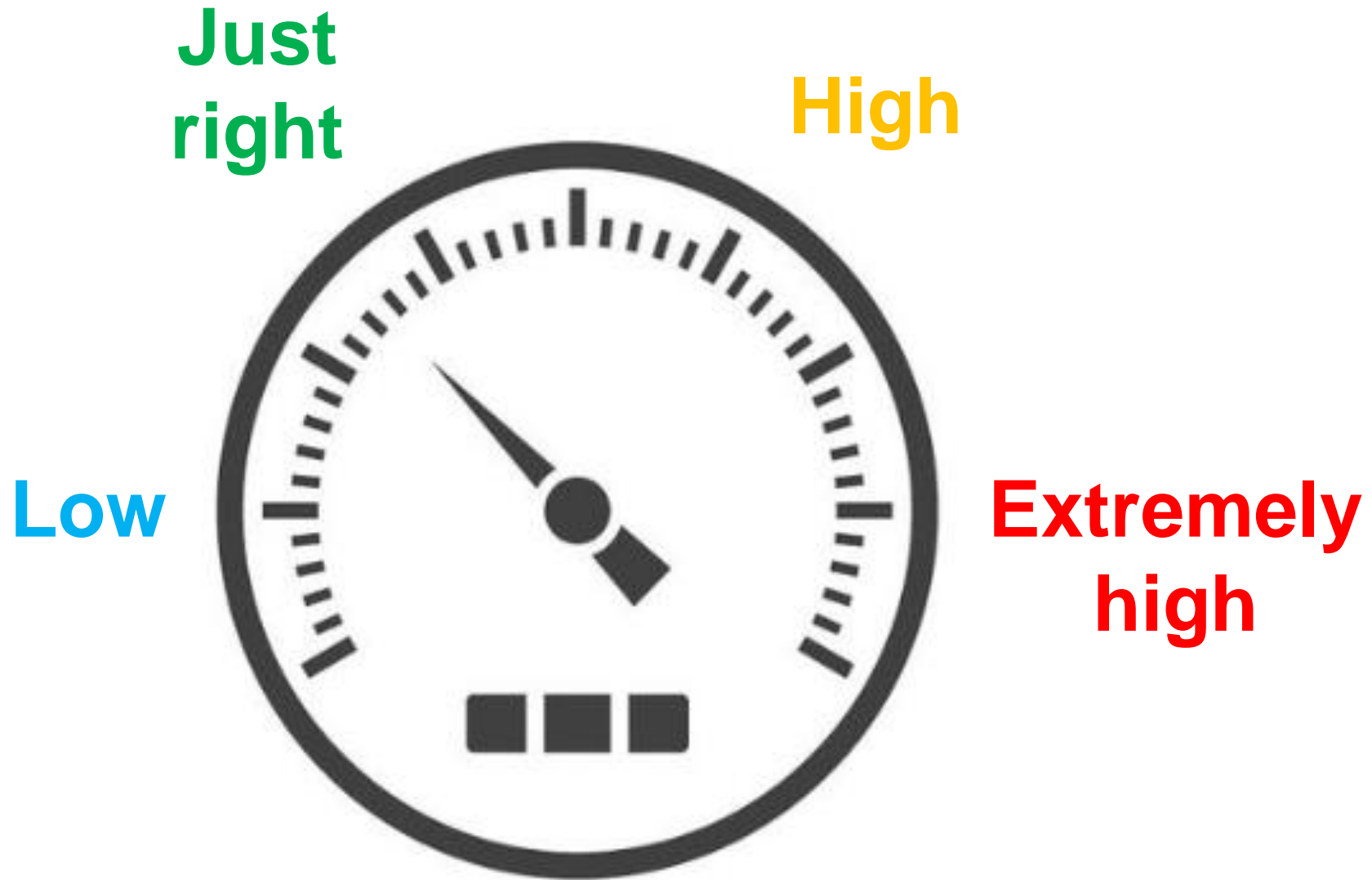
You control your temperature so your body feels comfortable and safe.



We can regulate (control or manage) our emotions,
feelings and behaviour.

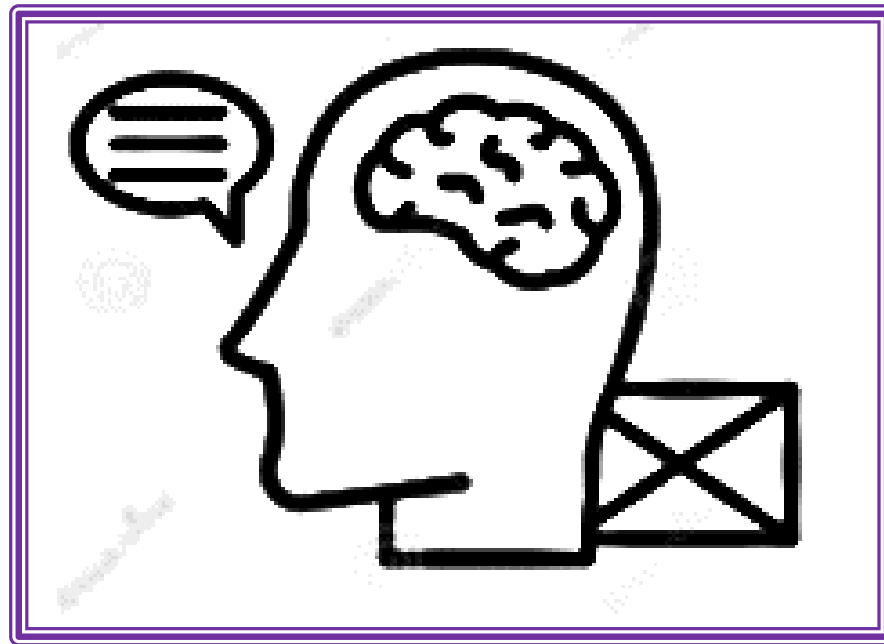
You work like a car.



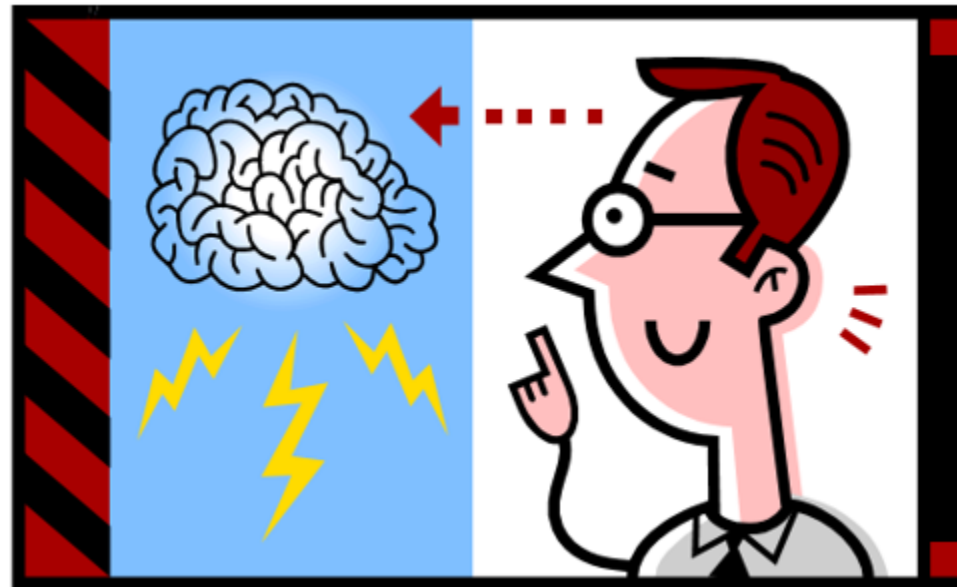


Just like a car engine, your body “engine” runs at different speeds.

Your brain controls your body “engine” by sending messages through neurones, the spinal cord and the nervous system.



Through these messages, your brain makes your body feel and behave in different ways.



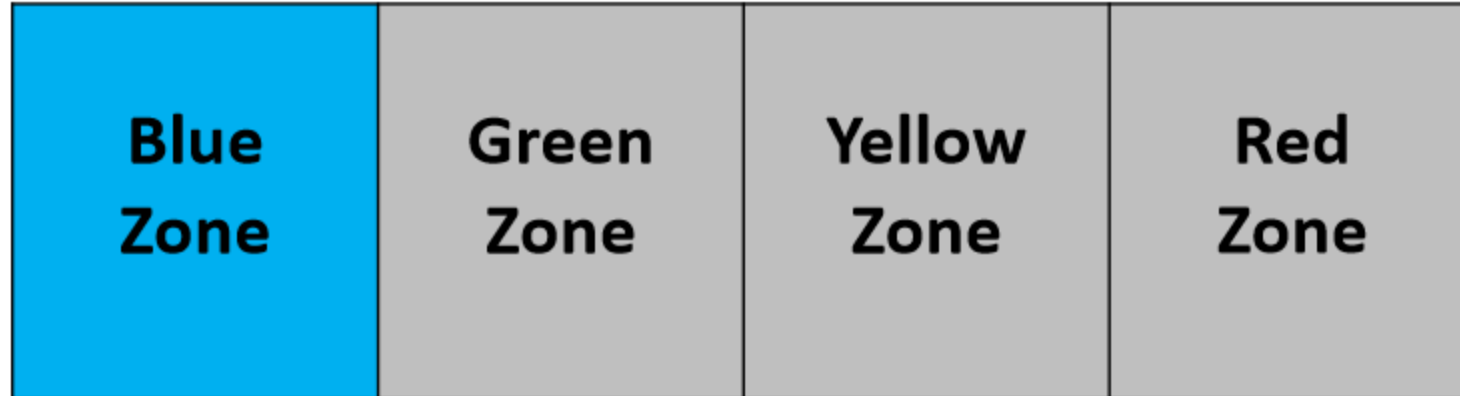
For self-regulation to work, first you need to identify how your brain and body feels.

There are **FOUR** zones that can help you with this.



The **ZONES** OF REGULATION

In the **Blue Zone**, your body “engine” is running at **low** speed.



In the **Blue Zone**, you might feel...



Hurt



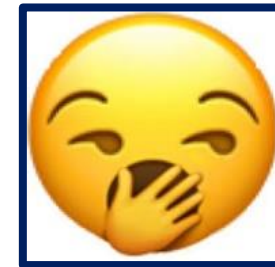
Tired



Sad



Sick



Bored

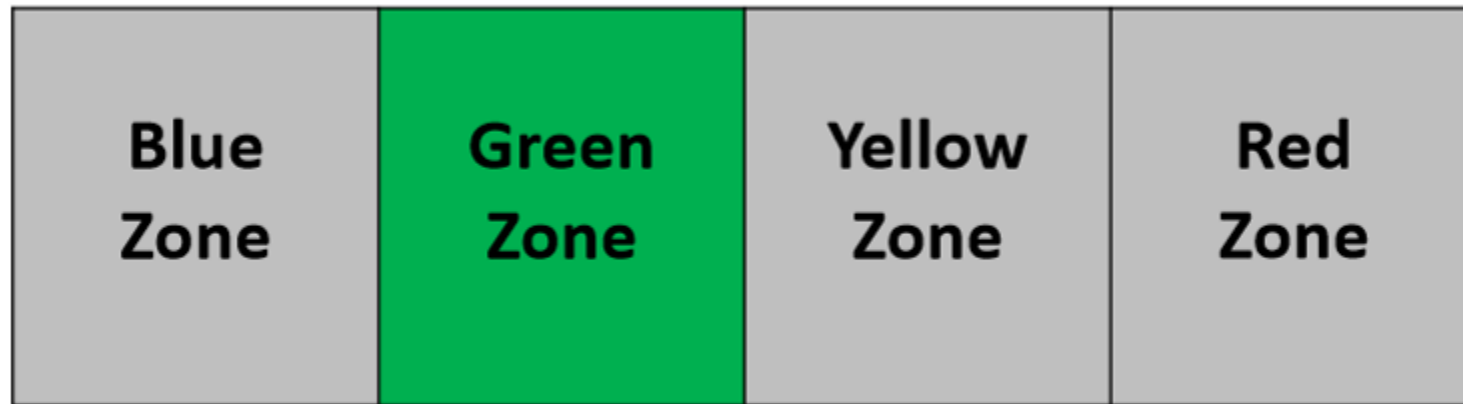
Bert in the **Blue Zone**

<https://youtu.be/ZgRN-AytScE>

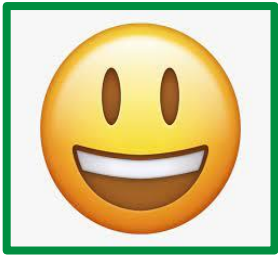


In the **Green Zone**, your body “engine” is running **just right**. You are in **total control**.

You are good to **GO**.



In the **Green Zone**, you might feel...



Happy



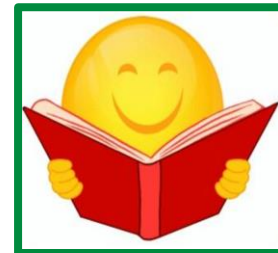
Calm/relaxed



Focused



Good



Ready to Learn



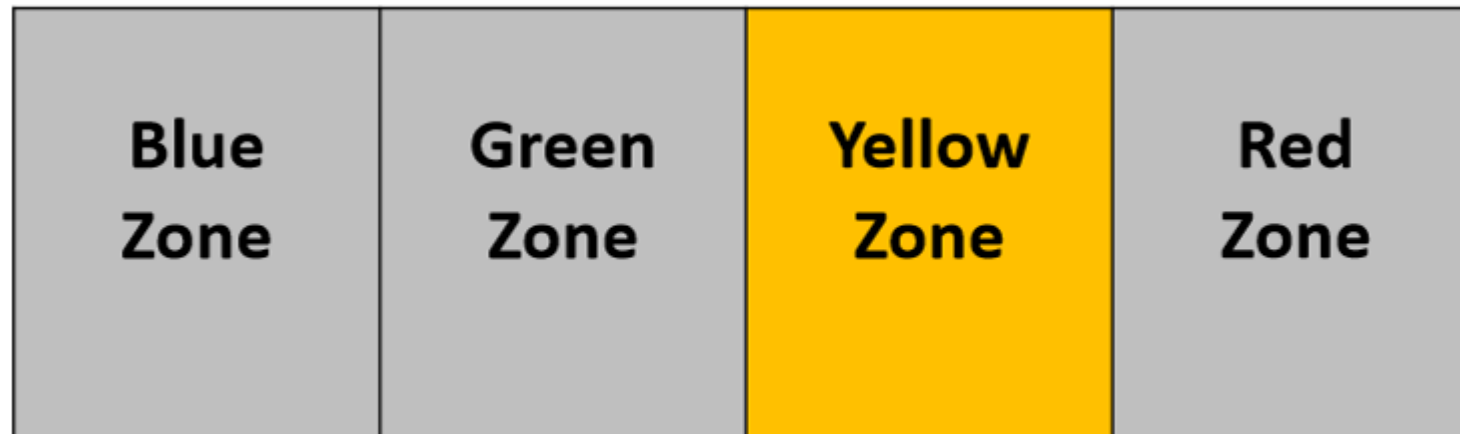
OK

Baloo and Mowgli in the **Green Zone**

<https://youtu.be/VWu5FAJrUpQ>



In the **Yellow Zone**, your body “engine” is running at **high** speed. You have **some control** but you must proceed with **CAUTION**.



In the **Yellow Zone**, you might feel...



Frustrated/Annoyed



Worried/Nervous



Confused



Unfocused



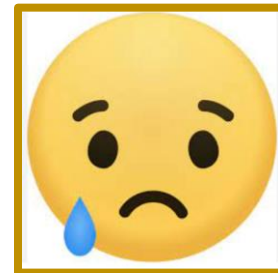
Excited



Silly/Wiggly



Grumpy



Upset



Embarrassed

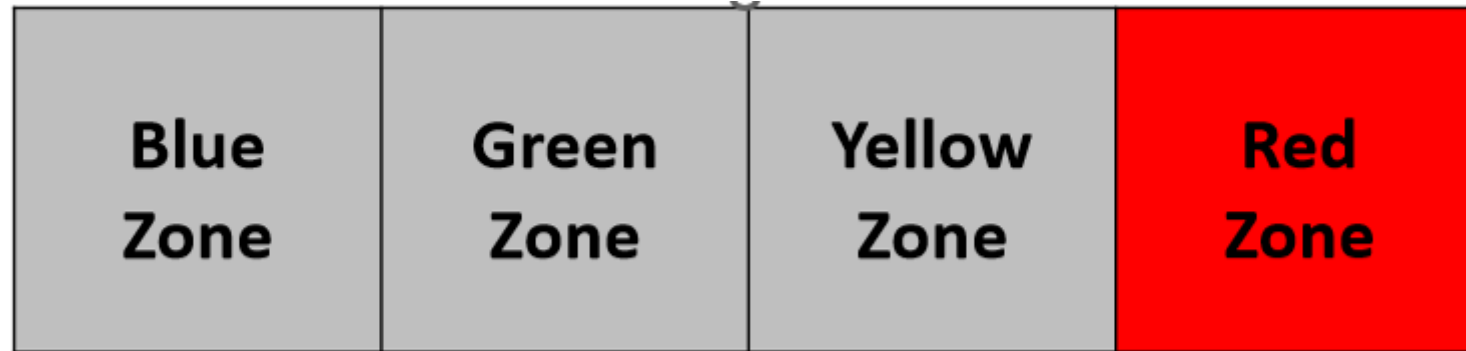
Buddy the Elf in the Yellow Zone

https://youtu.be/b6yYd6Pq7Ic?list=PLNtcYq0vdW0bE_Qc2fr-9zbnqdx8rd7m



In the **Red Zone**, your body “engine” is running at **extremely high** speed.

You are **out of control**. You need to **STOP**.



In the **Red Zone**, you might feel...



Mad



Angry



Aggressive



Mean



Shouty

The Incredibles in the **Red Zone**

<https://youtu.be/3v196bt5kTU?list=PLex1ABIduQCnIXSJgLC4u0fLFVbJIleWm>



It's OK to be in each of the zones.



In fact, you might be in every one of the zones through the course of a single day.

We make ourselves and others comfortable and safe when our feelings and behaviour are

EXPECTED.

This means that they are in the appropriate zone for the time and place.

If they are not in the appropriate zone for
the time or place, then our feelings and
behaviours are

UNEXPECTED.

REMEMBER...

You are the driver in control of your body “engine”.
You can change your speed.

