

Welcome everyone

- Introduction
- Zones of Regulation
- Tools
- How else do we support Emotional Wellbeing at EFPS?

“You can’t teach children to behave better by making them feel worse. When children feel better, they behave better.” – Pam Leo

How are you feeling today?



Thoughts



Feelings



Behaviours

ZONES OF REGULATION



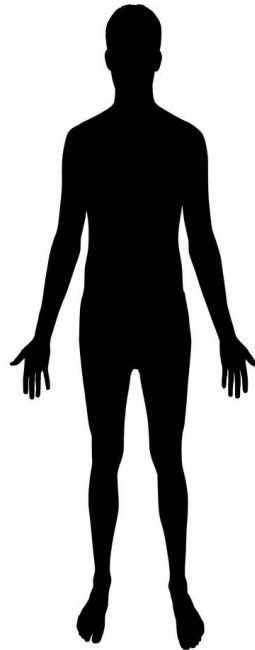


**There are no good
or bad Zones**

What Zone are you in?

Blue 	Green 	Yellow 	Red 
 <p>upset</p>   <p>Sad Shy Tired Unwell</p>	 <p>happy</p>   <p>Happy Calm Ready to learn OK</p>	 <p>worried</p>   <p>Worried/Scared Annoyed Grumpy Silly</p>	 <p>angry</p>   <p>Angry Mean Aggressive Out of Control</p>

Your body works like a car engine.



Sometimes it runs on **low speed**.

Sometimes it runs on **high speed**.


Sometimes it runs **just right**.





In the **Green Zone**, your body's engine is running **"just right"**. You are **"good to go"**. You may feel **happy, calm, and focused**.

Blue Zone	Green Zone	Yellow Zone	Red Zone
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Green GO!



happy



Happy
Calm
Ready to learn
OK

Feeling “Ok” and Focused may look like ...



Ready to learn may look like this ...




NOT this ...





In the **Blue Zone**, your body's engine is running on "low" or "slow" speed.

Blue Zone	Green Zone	Yellow Zone	Red Zone
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Blue SLOW



upset



Sad
Shy
Tired
Unwell

In the **Blue** Zone, you may feel sad, sick,
tired, bored, or be moving slowly.





In the **Blue Zone**,
bored may look
like this ...





In the **Yellow Zone**, you need to proceed slowly with “caution” and be careful.

Blue Zone	Green Zone	Yellow Zone	Red Zone
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Yellow 


worried





Worried/Scared
Annoyed
Grumpy
Silly

You need to pause or stop to think.



In the **Yellow Zone**,

you may feel worried,

frustrated, silly wiggly,

and excited.



Silly wiggly and frustration may look like ...



Or - Not keeping hands to ourselves

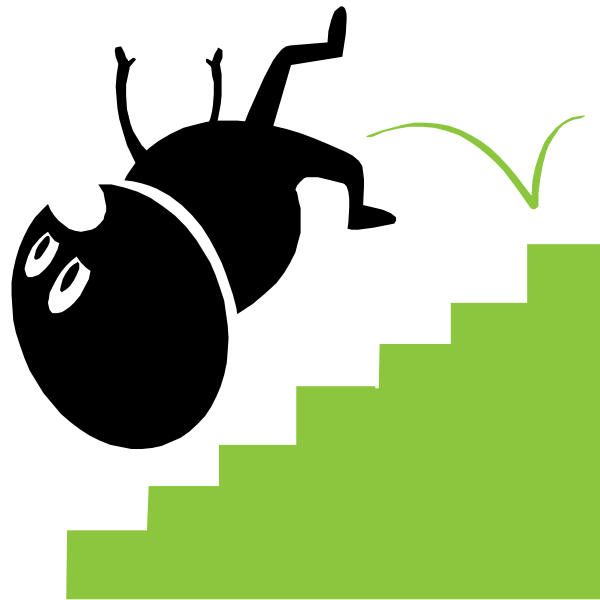


A ZONE **CHANGE** is COMING either . . .

To the calmer **Green Zone**




Or to the out of control **RED ZONE**





Blue Zone	Green Zone	Yellow Zone	Red Zone
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The **RED Zone** is



Red 

angry



Angry
Mean
Aggressive
Out of Control

In the **RED ZONE**, you may feel angry or mad,
terrified, elated,
or out of control.
You may feel like
yelling or hitting.



Mad or angry may look like this ...



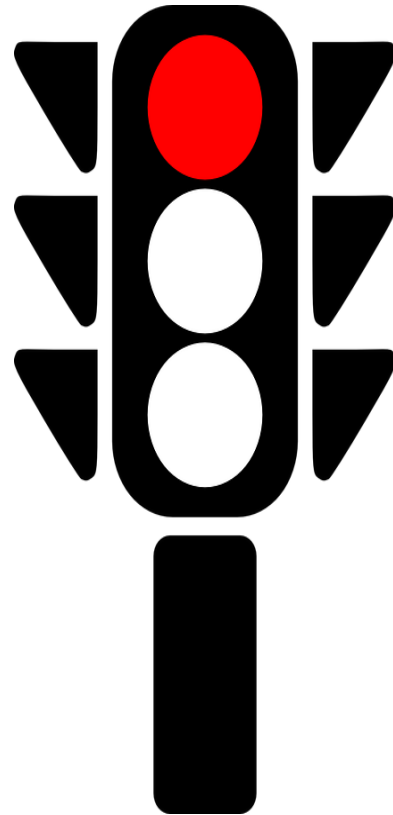
In the **RED ZONE**,

your body engine is

running on **high speed.**

You have trouble making

good decisions and must **STOP.**



The 3 parts of our brain

<https://www.youtube.com/watch?v=FTnCMxEnnv8>

REMEMBER ...

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





**There are no good
or bad Zones**

Triggers

Making a mistake

**Writing makes my
hand tired**

Loud noises

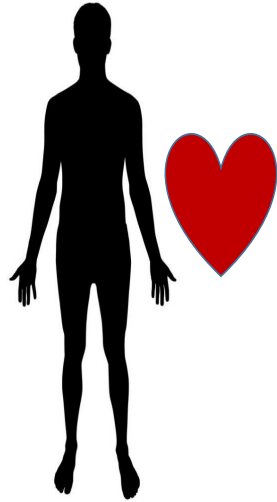
**CAUTION!
TRIGGERS AHEAD**

**Weird
smells**

**Having to stop my
computer game**

**Having to clean
up my stuff**

Is your heart beat fast or slow ?



Are your muscles relaxed or tense ?

In neck and back ?

In your hands ? In your stomach ?




Tools – to help us feel better





What can we do when we are feeling slow or blue?

Blue **SLOW**




upset



Sad
Shy
Tired
Unwell

Think happy thoughts




HAPPY THOUGHTS

Drink Water




Stretch and relax your muscles



Smile

Clench and Unclench your Fists




- 1.
- 2.
- 3.




Go for a walk

What can we do when we are feeling yellow or red?


Yellow 	Red 
 <p>worried</p>   <p>angry</p>   	
<p>Worried/Scared Annoyed Grumpy Silly</p>	<p>Angry Mean Aggressive Out of Control</p>



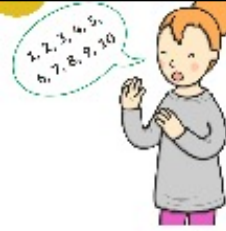
Have a drink of water




Talk to someone



Draw a picture



Count to ten.




Take a deep breath



Ask for a time out



Use a fiddle toy



Go to my safe space



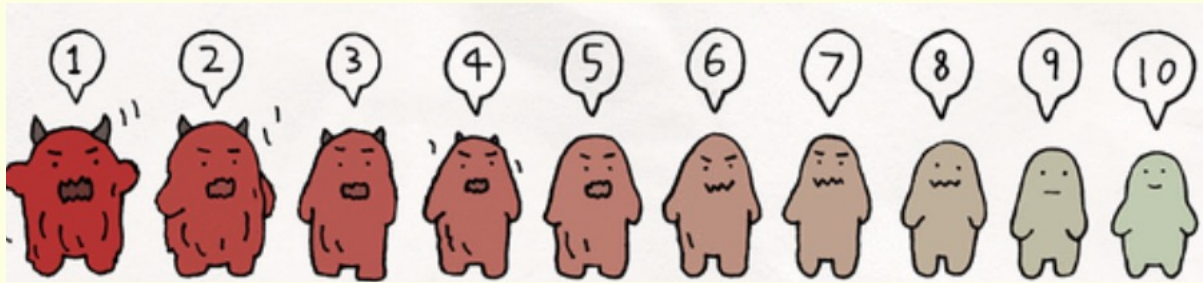
Tell yourself to STOP!

Let's try



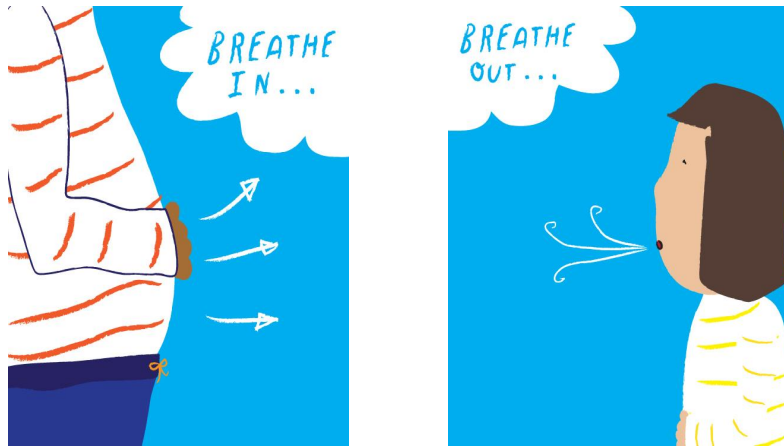
Count to 10

“1 hold steady, 2 hold steady, 3 hold steady, ... 10 I'm ready”



Let's try

















Deep Breathing "Belly"










Deep breathing using your hand.



What Zone are you in?

Blue 	Green 	Yellow 	Red 
<div data-bbox="214 251 369 411">  <p>upset</p> </div> <div data-bbox="401 261 556 411">  </div> <div data-bbox="297 436 481 565">  </div> <p data-bbox="316 629 455 839"> Sad Shy Tired Unwell </p>	<div data-bbox="639 251 780 411">  <p>happy</p> </div> <div data-bbox="819 261 966 411">  </div> <div data-bbox="710 436 913 565">  </div> <p data-bbox="668 629 954 839"> Happy Calm Ready to learn OK </p>	<div data-bbox="1035 251 1180 419">  <p>worried</p> </div> <div data-bbox="1213 261 1373 419">  </div> <div data-bbox="1122 436 1290 575">  </div> <p data-bbox="1045 629 1360 843"> Worried/Scared Annoyed Grumpy Silly </p>	<div data-bbox="1437 261 1576 419">  <p>angry</p> </div> <div data-bbox="1630 265 1769 406">  </div> <div data-bbox="1528 444 1686 594">  </div> <p data-bbox="1450 629 1740 839"> Angry Mean Aggressive Out of Control </p>

What will be in your toolkit?

 <p>Talk to someone</p>	 <p>Go for a walk</p>	 <p>Draw a picture</p>	 <p>Stretch and relax your muscles</p>	 <p>Ask for a time out</p>	 <p>Have a drink of water</p>	 <p>Take a deep breath</p>
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Reflect, Restore, Repair

- What happened?
- What zone were you in?
- What could you have done differently?
- What should you do now?

How else do we support the wellbeing of our school community at EFPS?

- Whole school approach
- Pastoral teacher and The Zone
- Building positive relationships between staff, pupils, parents/carers and governors
- Mental health and emotional wellbeing through – Stormbreak, PSHE lessons, 5 ways to wellbeing, Zones of Regulation, assemblies, focus weeks e.g. Connect week
- SODA – Start Of Day Activity to aid a calm start
- An engaging and challenging curriculum that is supported through differentiation to allow all children to reach their full potential
- Staff, pupil and parent voice
- Wellbeing section on the school website