

YOU MATTER At Burnt Mills Elementary School

YOU MATTER Includes:

Mindfulness practices that teach scholars to be fully present and focused so that they are ready to learn!



- [What Virtual Mindful Practices Look Like at BMES](#)

Zones Of regulation: ZOR teaches self-regulation skills and helps students to become more aware of and to control their emotions and impulses.

O

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Tired Frustrated Angry Moving Slowly	Happy Calm Focusing Okay Focused Ready to Learn	Irritated Worried Shy/Wiggly Tired Loss of Some Control	Mad/Wiggly Mean Terrified Yelling/Crying Out of Control

- [What is Zones of Regulation](#)
- [How to Create a Zones of Regulation Check in at home](#) (video)
- [Using Zones of Regulation At home](#)

Character Counts : encourages a culture of kindness and strong ethical values through the Six Pillars of Character: Trustworthiness,, Respect, Responsibility, Fairness, Caring, and Citizenship.



- [BMES Virtual Character Counts Bulletin Board](#)

