

Week 2: Blue Zone

Objective: Introduce the blue zone, associated body signals, and potential strategies

Materials:

- Visual Schedule of Session
- Blue Zone social story
- Chart paper/marker for class "Regulation Strategies" toolbox
- Blue Zone body signals poster (one)

Plan:

- **Visual Schedule of Session:** Present the class with the visual schedule, outlining what they will be doing that day.
- **Interactive Lesson:** Introduce blue zone and potential body signals with use of the Blue Zone social story.
- **Activity:** As a group, start creating a "Regulation Strategies" toolbox with pictures/labels of tools and techniques students can use when they feel overstimulated or need to focus. Teach students simple exercises like knee squeezes, shoulder squeezes, peanut rock. We will continue adding strategies each week.
- **Discussion:** Discuss the importance of movement breaks and breathing exercises, and how different activities can have different impacts on our energy levels and ability to focus.
- How is your body feeling/what body signals do you feel after our activities? What helped you the most?
- Allow students to share their favourite ways to regulate when they are in the blue zone. *Emphasize sharing strategies that we can use in the classroom/at school.* Validate different needs and preferences.
- **Resources:** Share Blue Zone body signals poster.

- **Visual Schedule of Session:** Present the class with the visual schedule, outlining what they will be doing that day.
- **Interactive Lesson:** Introduce yellow zone and potential body signals with use of the Yellow Zone social story.
- **Activity:** Body-mapping activity - **draw, stick stickers, or colour** to show how your body feels in the Yellow Zone. Add yellow zone strategies to the sensory toolbox.
- **Discussion:** Review the importance of movement breaks and breathing exercises, and how different activities can have different impacts on our energy levels and ability to focus.
- Allow students to share their favorite ways to regulate when they are in the yellow zone. Validate different needs and preferences.
- **Resources:** Share Yellow Zone body signals poster.