LESSON 1 - ZONES WALL POSTERS

MATERIALS:
4 ZONES colored construction paper sheets, colored faces to glue on, colored faces link on BenQ

DISCUSSION:

Explain that ZONES of REGULATION is a way to tell someone how you are feeling using different ZONES COLORS.

Pull up the Feelings Faces page on the BenQ FEELING FACES and have students identify the different feelings that they recognize. Then talk about which feelings fall into the different ZONES colors.

BLUE ZONE-your body is running slow, such as when you are tired, sick, sad or bored. Have students stand and show what their body looks like when they are tired, sick or sad.

GREEN ZONE - like a green light...you are good to go! Your body is feeling happy, calm, focused and ready to learn! Have students stand and show what their body looks like when they are happy, calm, ready to learn.

YELLOW ZONE - proceed with caution...slow down! Your body is feeling frustrated, overwhelmed, silly, wiggly, excited, worried or surprised. Have students stand and show what their body looks like when they are excited, worried, surprised.

RED ZONE - Stop and reset. Your body is feeling angry, aggressive or wild and out of control. Have students stand and show what their body looks like when they are angry or out of control.

EMPHASIZE that there is no BAD ZONE….all humans have a wide range of emotions. We just need to take good care of our feelings and find strategies that help us calm down and feel better again.

ACTIVITY:

Cut out color faces and have students help place them on the correct construction paper color poster. Display completed ZONES posters in your classroom.

CONCLUSION:

Talk with students about the importance of sharing our emotions and caring for each other's emotions. Explain that you will be doing ZONES checks at different times each day. Kids can decide how they are feeling and communicate their feelings. All feelings are ok...it's what we do with them that matters.