

Zones of Regulation Size of the Problem

Everyone experiences all emotions and that is okay! Many children find it difficult to control or recognise their emotions, from feeling happy to angry. We can help by looking out for each other.







Name three emotions you have felt today. Why did you feel this way?

Look at the 4 Zones of Regulation on the next slide and see where they fit into.

Look at the 4 Zones of Regulation

ZONES OF REGULATION!

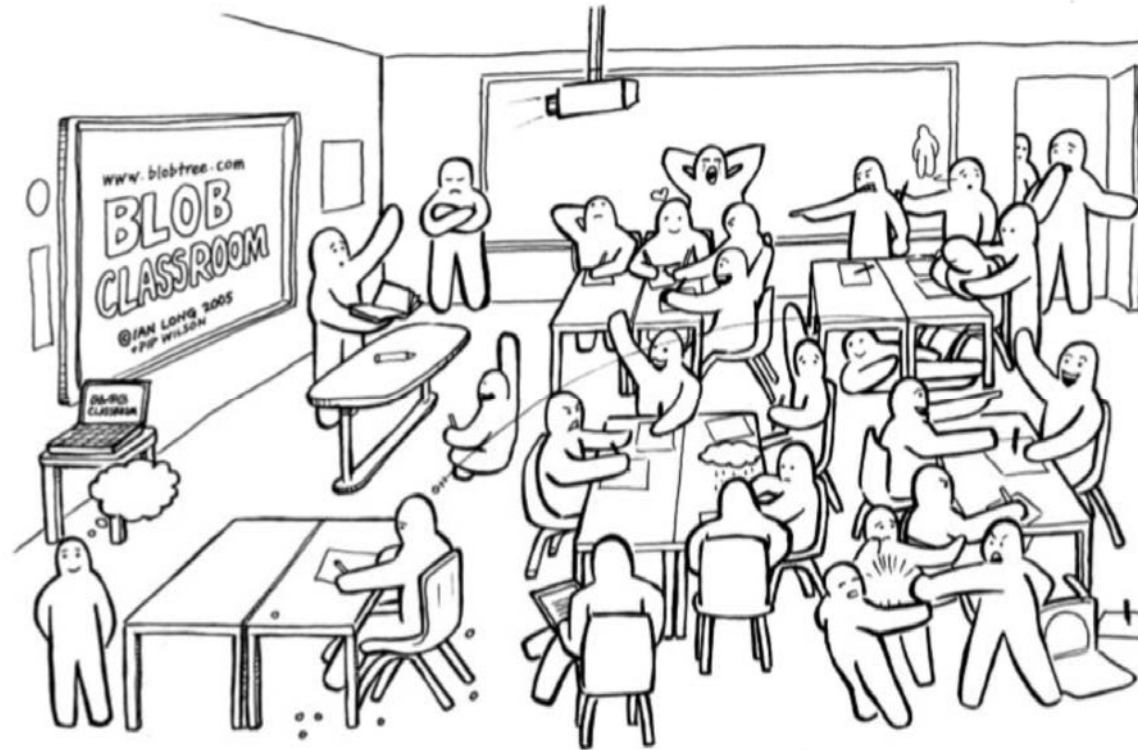
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

What kind of problems can you see in the next picture?



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Which problems are large and which are small?



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How big is my problem?

5

Emergency - you need help from an adult e.g. fire, someone needs to go to the hospital, danger etc.



4

Gigantic problem - you can change this with a lot of help e.g. someone hurting you, hitting, bullying etc.



3

Medium problem - you can change with some help e.g. having to work with someone you don't like, someone takes something of yours, you have to do something you don't want to do etc.



2

Little problem - you can change with a little reminder e.g. not being first in line, not taking turns, not winning a game etc.



1

Glitch - you can fix this yourself e.g. getting changed for PE, forgetting a favourite toy, cleaning up etc.



twinkl

Screenshot

Problems can cause these emotions. These problems can be large or small. The size of your problem matches the size of your reaction.

How big are these problems?

You drop your pencil on the floor.

You spill your drink on the floor.

You drop your mother's favourite vase.

Your brother breaks your favourite toy.

You break your leg.

Plenary:

All emotions are okay to feel! Look out for others feeling down. Smile! Check to see how big the problem is and how to handle it.

Extension : watch Inside out and explore the emotions in the film.

