



# SELF REGULATING & RECOGNIZING EMOTIONS

Session 8

# RECAP & REVIEW

- What did we learn last week?
- How did you find the work placement at Durham College?
- Would any of you consider returning to school?
- Take Away Review

# SELF REGULATING

- What does it mean to you?
- What strategies to you currently use?
  
- Why work on self-regulation?
- selective, sustained and shifting attention
- inhibitory control
- working memory
- cognitive flexibility
- planning and organization.

# RECOGNIZING EMOTIONS

- Sarcasm
- Facial Expressions
- Jokes
- Feeling “out of the loop”
- Frustration

# ZONES OF REGULATION

## The **ZONES** of Regulation®



### BLUE ZONE

Sad  
Sick  
Tired  
Bored  
Moving Slowly



### GREEN ZONE

Happy  
Calm  
Feeling Okay  
Focused  
Ready to Learn



### YELLOW ZONE

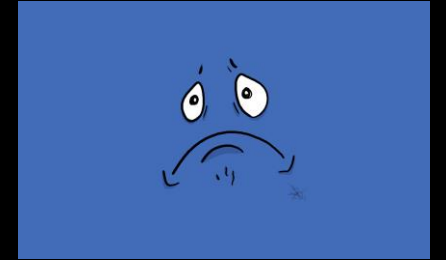
Frustrated  
Worried  
Silly/Wiggly  
Excited  
Loss of Some Control



### RED ZONE

Mad/Angry  
Terrified  
Yelling/Hitting  
Elated  
Out of Control

# THE BLUE ZONE



- The Blue Zone is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.
- Can you think of an example of when you've felt this way?





# THE GREEN ZONE

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.



Does anyone have an example of when they feel they are in this zone? Or their "Happy PLACE"?



# THE YELLOW ZONE

- The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; however, the individual still has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.





# THE RED ZONE

- The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone.



# POINTS TO PONDER

- Which zone do you spend most of your day to day life in?
- In an argument with a family member which zone would you find yourself in?
- After finding out some exciting news?

# LEARNING ACTIVITY: ZONES BINGO



I ♥ Lego





BREAK TIME 😊



# SOLUTION REVOLUTION CHALLENGE: TEAM EMOTION CHALLENGE

- Work in pairs to distinguish which emotion is which, and which zone they fit into.

# LEARNING ACTIVITY: SUCK IT UP

- Players place a straw in their mouth and use suction to transfer a pile of 25 M&M's from one plate to another in under one minute. Only one hand may be used to hold the straw. Everyone gets to eat their candy when the round is finished!

# WRAP UP & TAKE AWAY

- See hand out 😊