

A graphic of a spiral-bound notebook with a teal cover and white pages, positioned on the left side of the image. The spiral binding is visible on the left edge of the notebook.

Regulation: **Knowing the Difference Between**

Zones
2nd Grade
Unit 2.1 Regulation
Lesson 5

Class Connect

- “How are you feeling today?”
- “Can you show me with your face or body?”



Review



personal space

👏 per·son·al·space 👏

synonyms-

Distance, "bubble"

antonyms-

invasive

**Today's
Lesson**

Regulation: Knowing the Difference Between

Zones
2nd Grade
Unit 2.1 Regulation
Lesson 5

Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- four categories of feelings and levels of energy
- tool to help understand, share, and manage our emotions

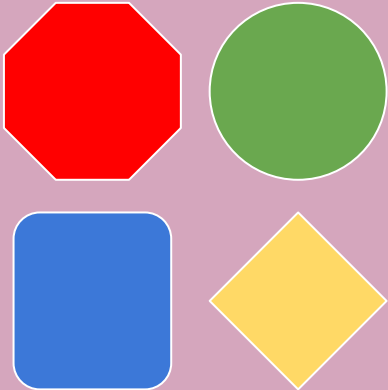
zones of regulation

zones • of • reg-u-la-tion

synonym-
categories of emotions
antonym- impulsivity

examples

- green- calm
 - ready to learn
- blue- sad, sleepy
 - Ask for a hug
- yellow- worried, scared
 - take a walk & get water
- red - mad, frustrated
 - take deep breaths



questions

- What **zone of regulation** are you in if you feel sick?
- What about if you are feeling silly?

non-example

- fear being “in the purple”

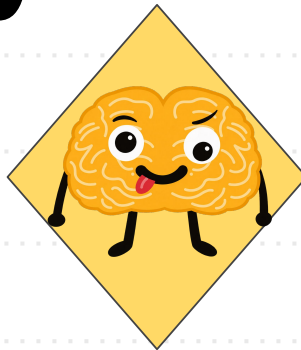
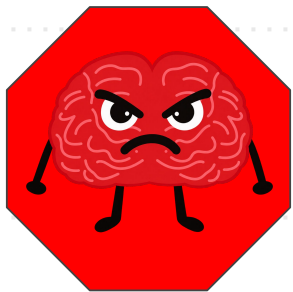


ZONEs of Regulation Review



RED Zone

Out of Control



YELLOW Zone

Need To Go Slow

BLUE Zone

Low & Slow



GREEN Zone

Ready To Go

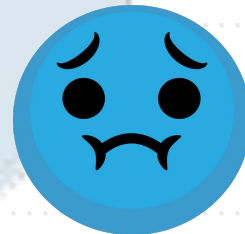
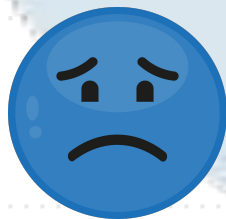
Feelings Detective





Blue ZONE

Low & Slow – Feelings

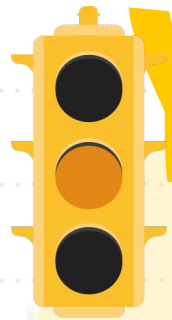




GREEN Zone

Ready To Go - Feelings

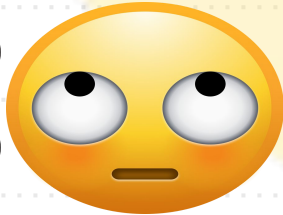


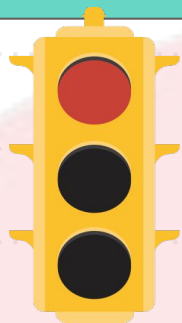


YELLOW Zone



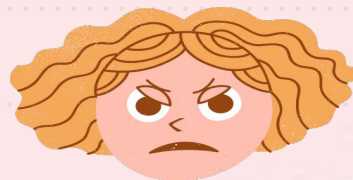
Need to Slow Down – Feelings





RED Zone

Out of Control



Movement Break



Activity Time ~



Activity Time

Color the
emotion to
match the zone
color you would
find it in!

Name: _____

KNOW your ZONES

These emotions are out of sorts! Color the emotions to group them with their correct zone.



Peace Out



Guardian Extension

- A quick emotion check in for you and your child can help you recognize when you can proceed as planned, or if you/your child might need a break to reset.
- Questions to consider:
- How do you feel? What do you need to move forward?

EMOTION CHECK IN

1



2



3



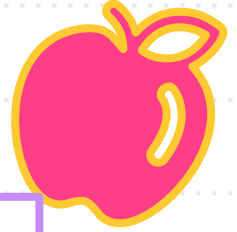
4



5



Teacher Extension



How Do You Feel PPT



How Do
You Feel?

EMOTION CHECK IN

