



Zones of Regulation

Kindergarten
Unit 2.1 - Neuroscience
SEL Lesson #5

Blue
Zone



Green
Zone



Yellow
Zone



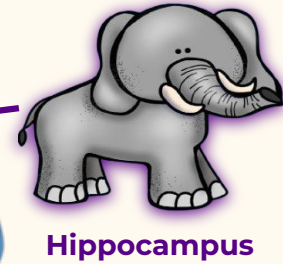
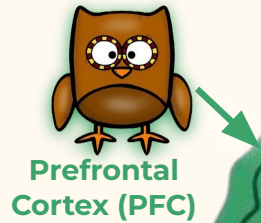
Red
Zone



Class Connect



Let's Review



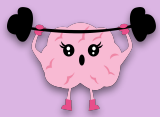
Why is today's lesson important?

Parts of My Brain



Regulation

"I can recognize and manage my emotions."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."

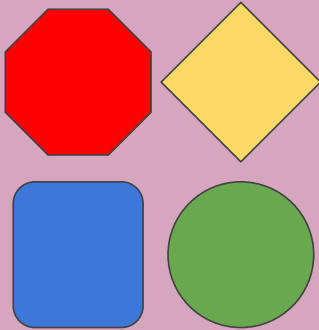


Collaboration

"I can work well with others in a team."

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

questions

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

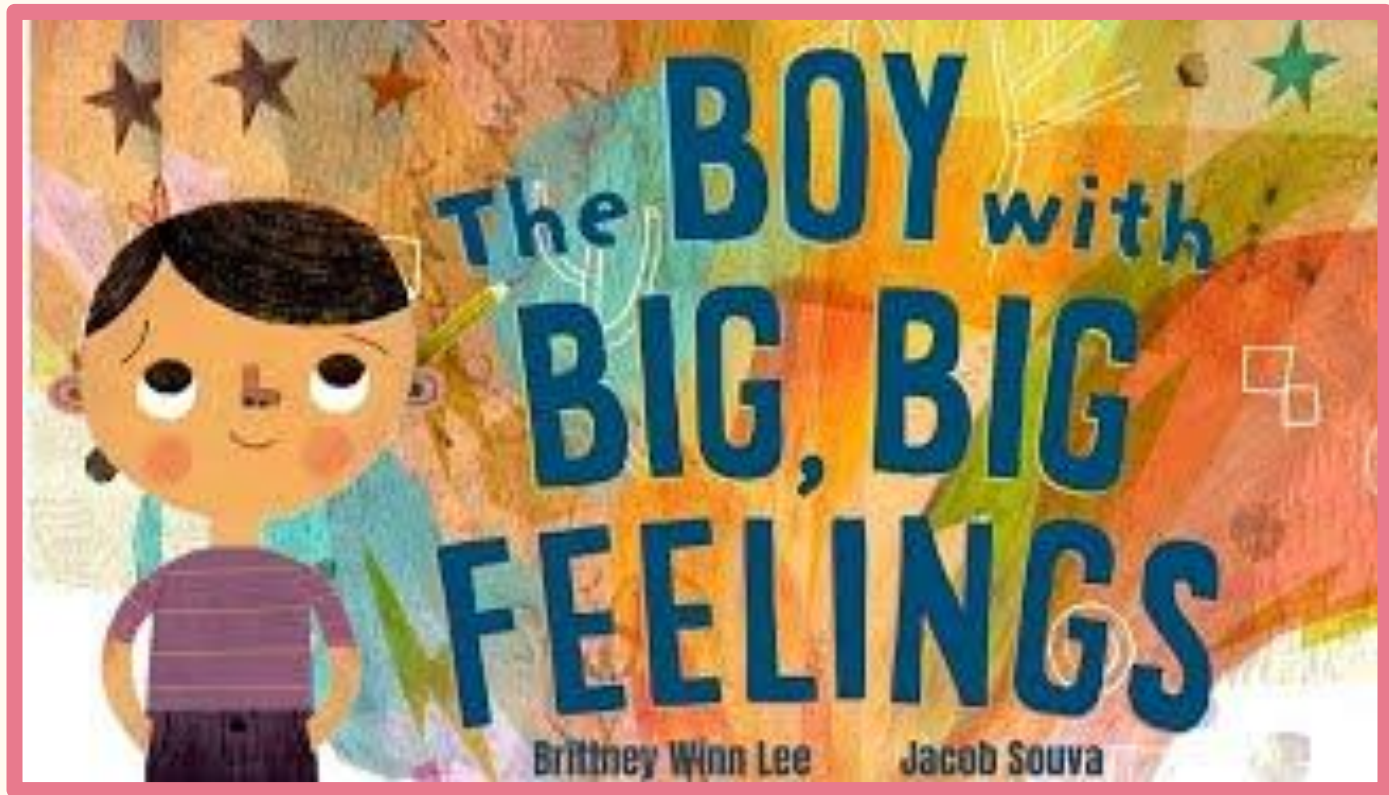
examples

- 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

non-example

- fear being "in the purple"





BLUE Zone

 Low & Slow



lonely



hurt



sad



tired



sick

BLUE Zone

 Low & Slow



frowning



tears



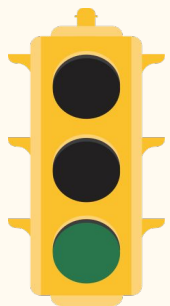
head and
shoulders down



low energy



moving
slowly



GREEN Zone

Ready To Go



proud



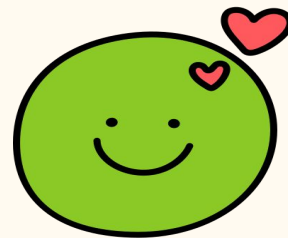
focused



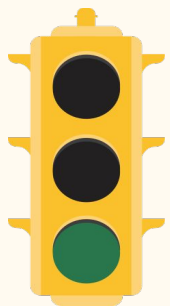
happy



calm



loved

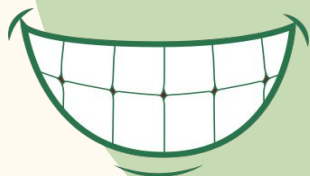


GREEN Zone

Ready To Go



listening



smiling



calm face



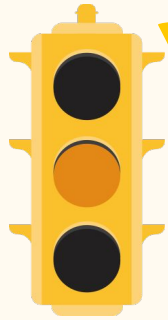
calm body



participation

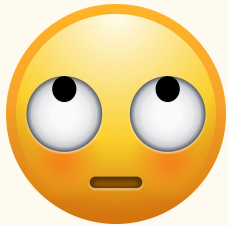
Movement





YELLOW Zone

Need To Go Slow



annoyed



nervous



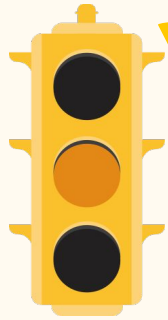
scared



excited



frustrated

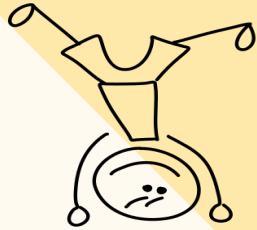


YELLOW Zone

Need To Go Slow



confusion
or difficulty
focusing



moving
a lot



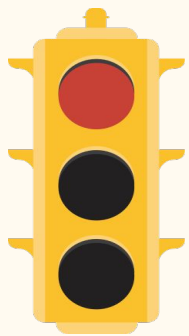
fast
heartbeat



fidgeting



crossed arms/
arguing



RED Zone

Out of Control



ecstatic



furious



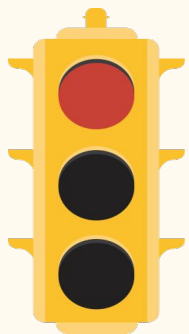
angry



panicked



out of
control silly



RED Zone

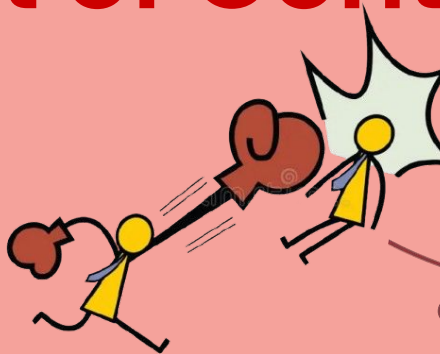
Out of Control



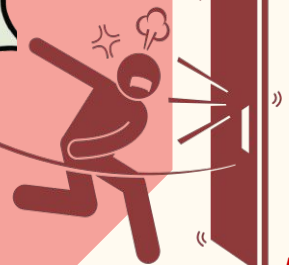
yelling



running
away



hitting and
kicking



slamming/
throwing
things



crying
loudly



Activity

Match the
zone!

MATCH THE ZONE



out of control



sick



Low & Slow



calm



worried

MATCH THE ZONE



Low & Slow

MATCH THE ZONE



silly



sleepy



Ready To Go



relaxed



terrified

MATCH THE ZONE



Ready To Go



relaxed

MATCH THE ZONE



sad



Need to Slow
Down



angry

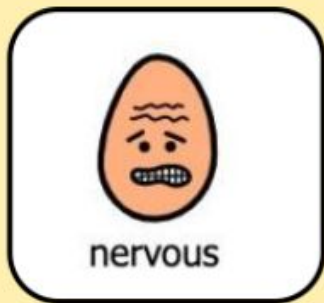


nervous



happy

MATCH THE ZONE



Need to Slow
Down

MATCH THE ZONE



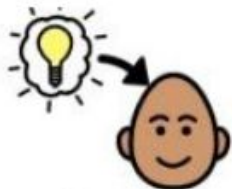
excited



angry



Out of Control



ready to learn



sick

MATCH THE ZONE



angry



Out of Control

Activity



Blue Zone

Sad
Tired
Sick
Bored
Feeling slow



Green Zone

Calm
Happy
I'm focused
Feeling okay
In control



Yellow Zone

Excited
Anxious
Nervous
Frustrated
Confused



Red Zone

Angry
Scared
Panic
I want to yell
I'm not in control



Activity sheet titled "ME IN MY ZONES" with four colored boxes for tracking emotions:

- BLUE** (top left)
- GREEN** (top right)
- RED** (bottom left)
- YELLOW** (bottom right)

Teacher Extension

Character Emotions Chart			
 angry	 bored	 confident	 confused
 curious	 disappointed	 embarrassed	 excited
 happy	 hurt	 jealous	 kind
 sad	 scared	 surprised	 worried



Name the Emotion!

Guardian Extension





CREDITS: This presentation template was created by **Slidesgo**, and includes icons **by Flaticon**, infographics & images by **Freepik** and content by **Eliana Delacour**.

