








Katherine Elementary
HEALTHY LIVING WEEK
 September 19-23, 2022

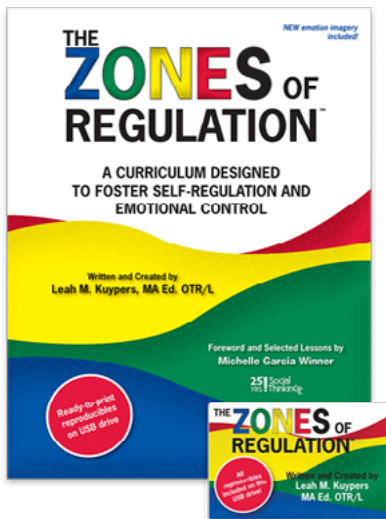


The ZONES OF REGULATION

 <p>GREEN ZONE</p>  <p><i>Good to Go</i></p> <p>My Body Might Feel:</p> <ul style="list-style-type: none"> • Relaxed • Just the right amount of energy • Ideal state of alertness <p>Emotions I Might Have:</p> <ul style="list-style-type: none"> • Happy • Thankful • Proud • Calm • Content, Focused • Ready to Learn 	 <p>YELLOW ZONE</p>  <p><i>Be Aware/Take Caution</i></p> <p>My Body Might Feel:</p> <ul style="list-style-type: none"> • Heightened state of alertness • Higher energy but still in control <p>Emotions I Might Have:</p> <ul style="list-style-type: none"> • Excited • Silly, Wiggly • Frustrated/Stressed • Worried • Embarrassed • Confused • Nervous
 <p>BLUE ZONE</p>  <p><i>Rest/Re-Energize</i></p> <p>My Body Might Feel:</p> <ul style="list-style-type: none"> • Low state of alertness • Low energy • Slow to get started <p>Emotions I Might Have:</p> <ul style="list-style-type: none"> • Bored • Tired • Sad, Down • Disappointed • Sick • Depressed • Shy 	 <p>RED ZONE</p>  <p><i>May Need to Stop & Notice</i></p> <p>My Body Might Feel:</p> <ul style="list-style-type: none"> • Extremely high state of alertness • Very high energy • Extreme difficulty working • Experience fight, flight, or freeze <p>Emotions I Might Have:</p> <ul style="list-style-type: none"> • Upset • Angry • Aggressive • Elated/Ecstatic • Terrified/Panic • Out of control

No ZONE is good or bad!

Parent/Guardian Information and Resources



The ZONES OF REGULATION is...

- A curriculum designed to teach 4 zones of color to reflect different states of emotional levels and the body's response.
- A safe non-judgmental way for children to recognize and communicate how they are feeling.
- Once a student identifies the color they are in, they utilize tools/strategies to navigate their zone.

NO ZONE IS GOOD OR BAD!

HELPFUL HINTS FOR PARENTS/GUARDIANS: How I can help my child take care of their feelings at home

- Take care of yourself...even when you don't feel like it!
- Create routines
- Use the Zones of Regulation to help identify feelings and name emotions
- Create an emotional regulation tool box--what does your child need to regulate their feelings (quiet time, fresh air, exercise, something to cuddle, etc.)
- Identify triggers for big emotions
- Be present...presence isn't the same as being present
- Practice kindness to others
- Celebrate what you can
- Practice active listening
- Create daily check ins--ask each day "how are you feeling today?"
- Practice mindfulness--the art of focusing and giving your full attention to something

Our school district has additional information for mental health resources, links, and school counselor contacts available on their website:

<https://www.simivalleyusd.org/mentalhealth>