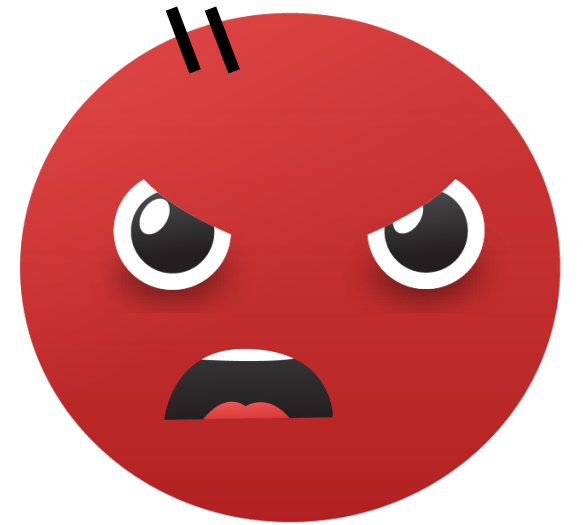




In this pack, you will find an array of tools to help children regulate their own emotions

# Welcome

# My Emotions ...





**Happy**

**Wobbly**



**Low**

**Angry**





**Happy**

**Wobbly**



**Low**

**Angry**





**HAPPY**



**Wobbly**



low



**Angry**

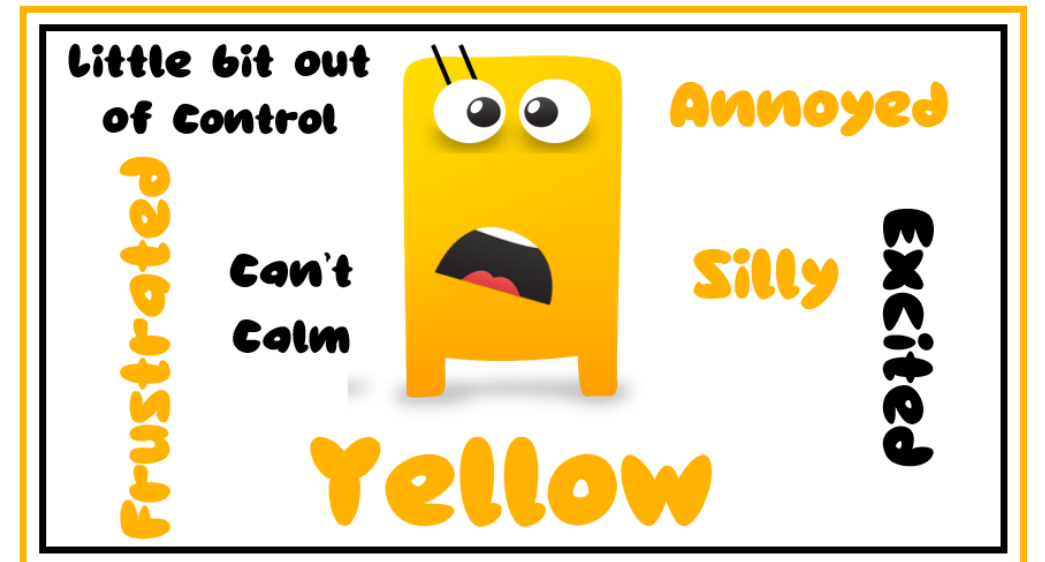
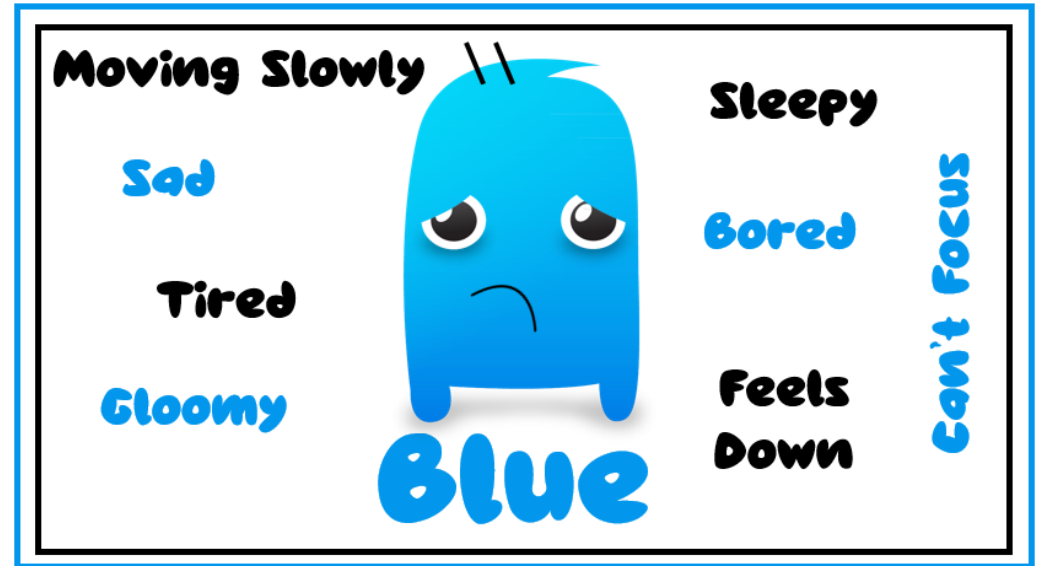


# A Rough Guide

---

I have created a number of posters for you to display around your learning environment.

Introduce them to the children, model talking about your own emotions and link them to the posters. Talk about what it feels like inside your body, the biological response linked to an emotion.



**Wobbly**

**Frustrated**

**Can't  
Calm**



**Annoyed**

**Silly**

**Excited**

**Yellow**

**Moving Slowly**

**Sad**

**Feels  
Down**

**Gloomy**

**Blue**



**Sleepy**

**Bored**

**Tired**

**Can't Focus**

**Out of Control**

**Frightened**

**Trapped**

**Angry**

**Rage**

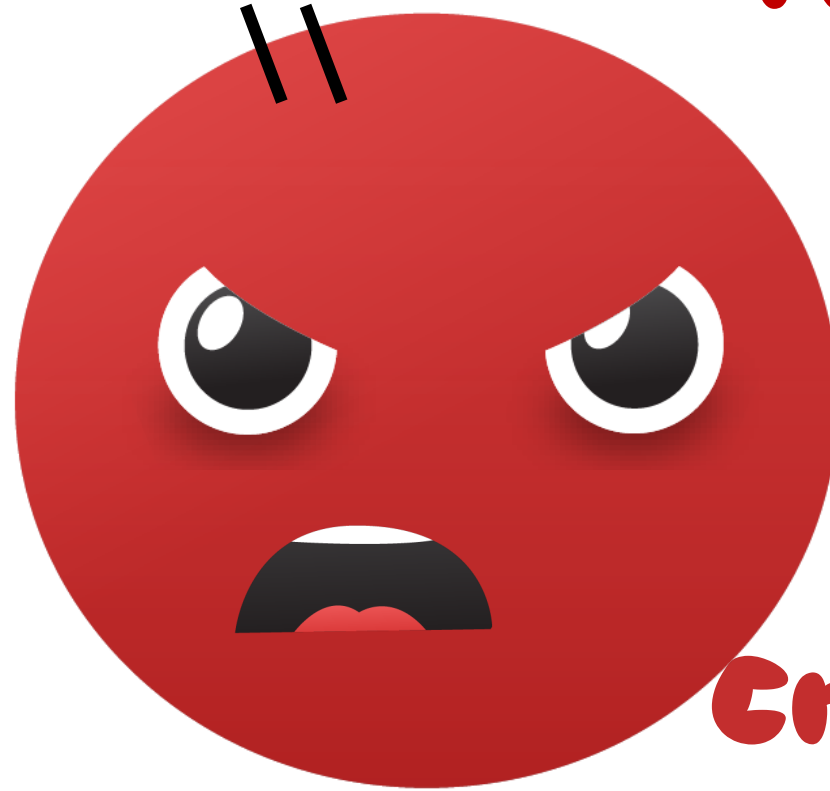
**Scared**

**Alone**

**Cross**

**Red**

**Yelling**



**I'm Ready**

**Focused**

**Calm**

**Smiling**



**HAPPY**

**Relaxed**

**Feels Safe**

**Laughing**

# The Characters

---

I have created characters that link to the colours used in the Zones of Regulation.

Print them off, put them around the child's learning environment - and use reward systems to praise any child using them.





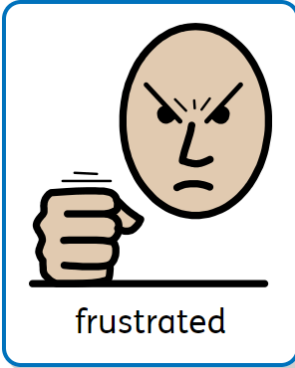
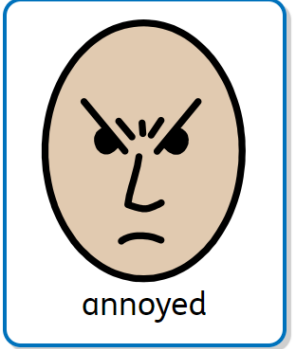
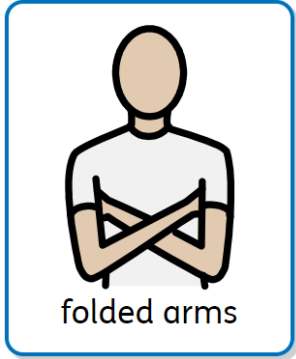
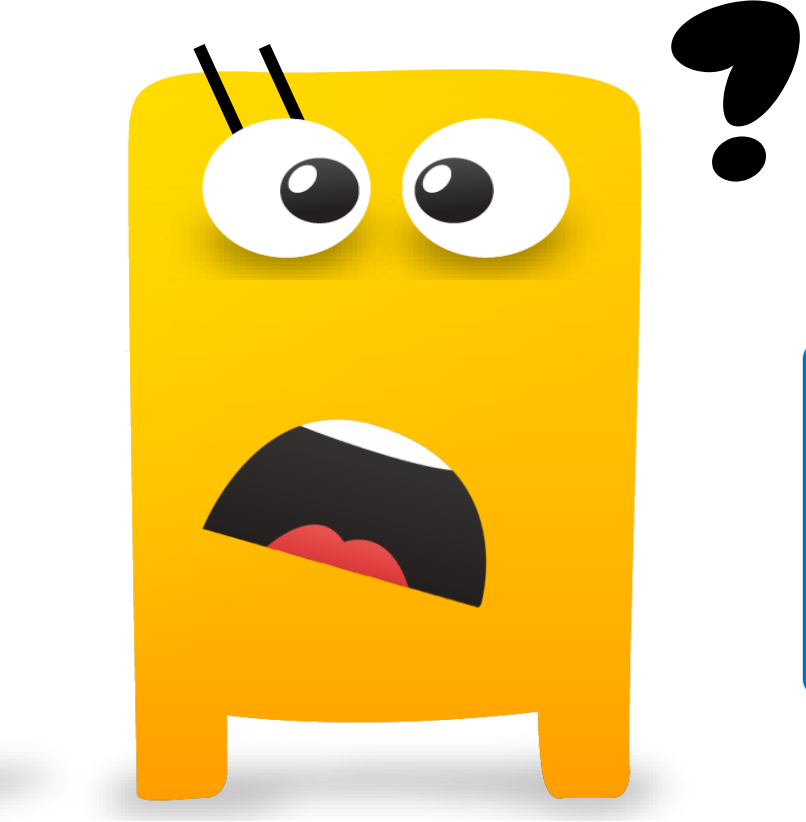
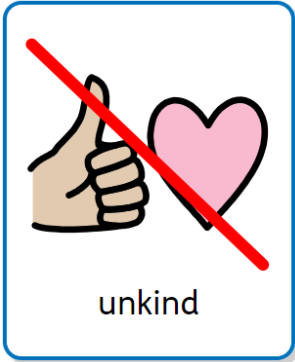
# Visual Emotions

I have created visual aids - so that it is accessible to all children.

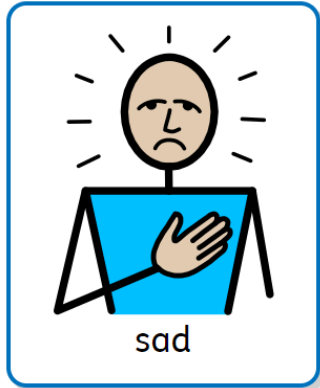
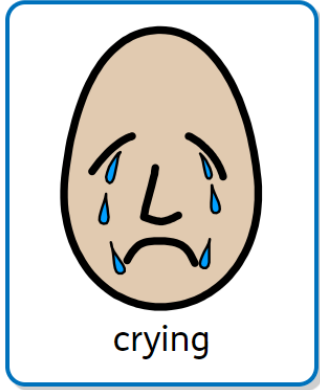
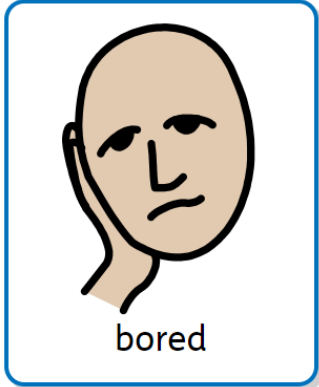
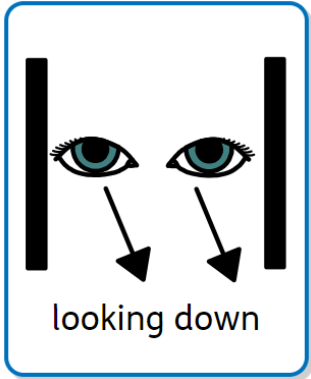
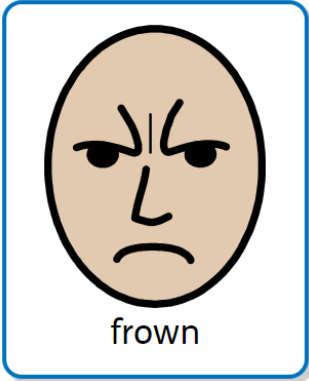
A visual aid for the color yellow. It features a central yellow character with large eyes and a wide-open mouth, looking surprised or excited. Below the character is the word "Yellow" in a bold, yellow, sans-serif font. Surrounding the character are seven icons in blue-bordered boxes, each with a label: "excited" (a smiling face), "silly" (a face with hands up), "annoyed" (a face with furrowed brows), "frustrated" (a face with a hand on its forehead), "unkind" (a hand with a red slash over a heart), "folded arms" (a person with arms crossed), and "alone" (a person with a dashed line around them).

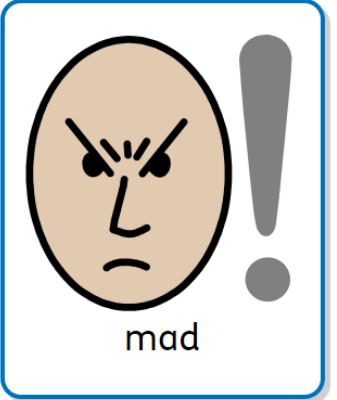
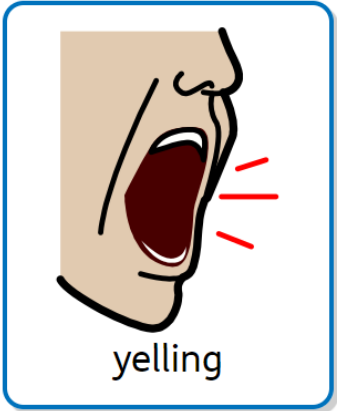
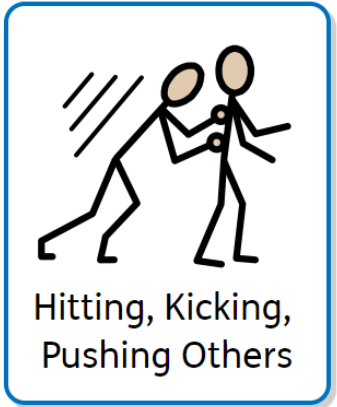
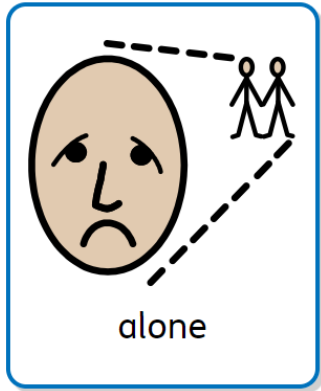
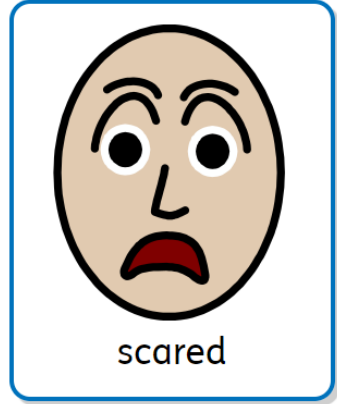
A visual aid for the color red. It features a central red character with a round face, furrowed brows, and a wide-open mouth, looking angry or shouting. Below the character is the word "Red" in a bold, red, sans-serif font. Surrounding the character are seven icons in blue-bordered boxes, each with a label: "scared" (a face with wide eyes and a small mouth), "alone" (a face with a dashed line around them), "yelling" (a profile of a mouth open in a shout), "trapped" (a person being crushed by blocks), "mad" (a face with furrowed brows and an exclamation point), "Hitting, Kicking, Pushing Others" (two stick figures, one hitting the other), and "frustrated" (a face with a hand on its forehead).



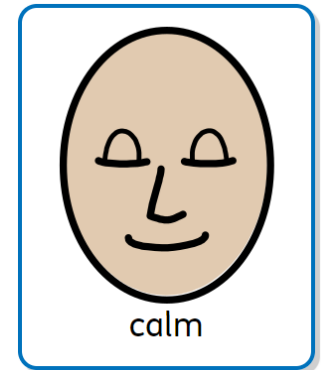
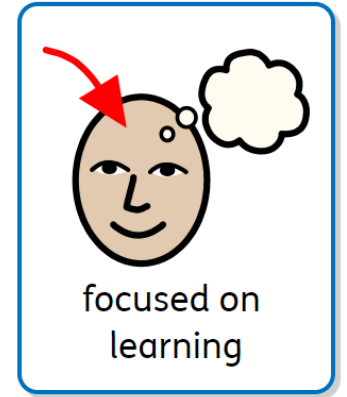
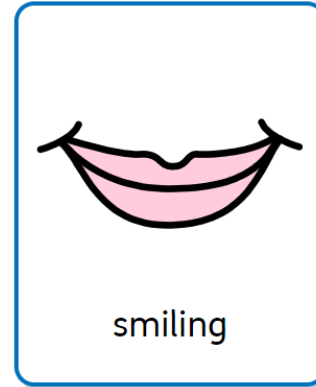
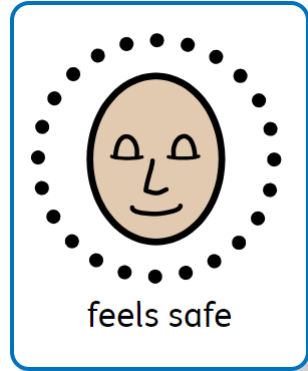


Yellow





Red



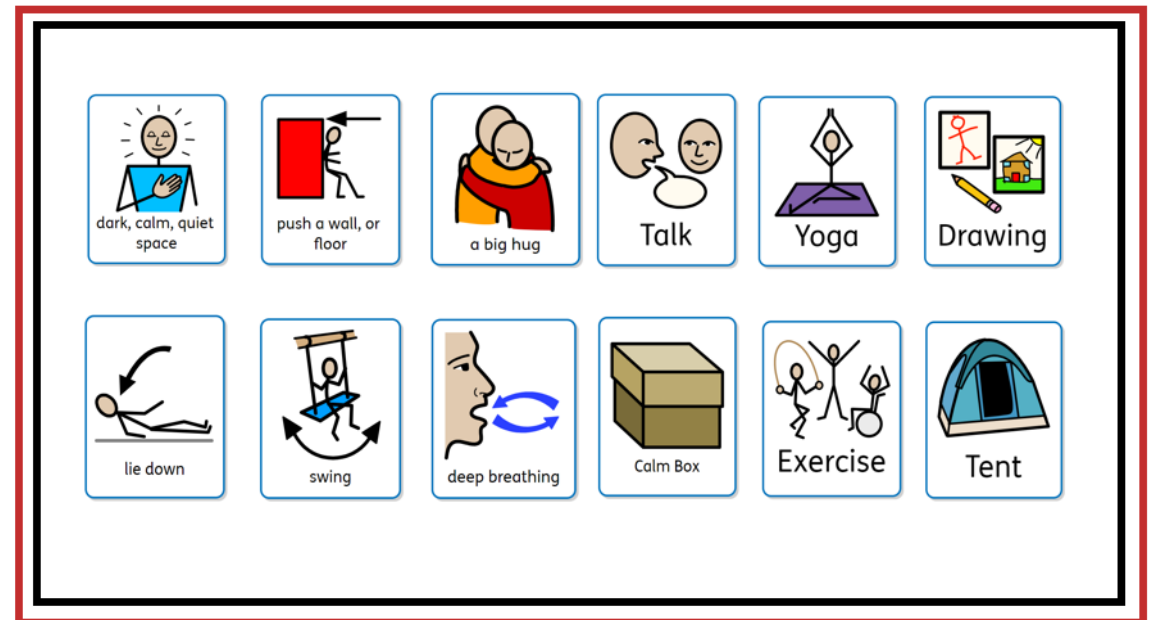
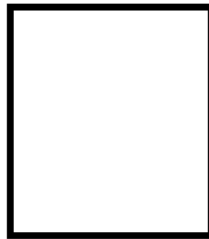
Green

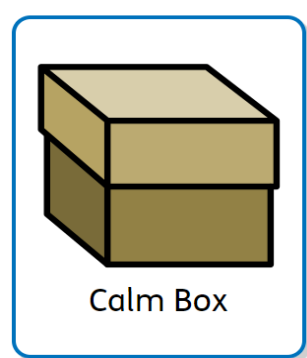
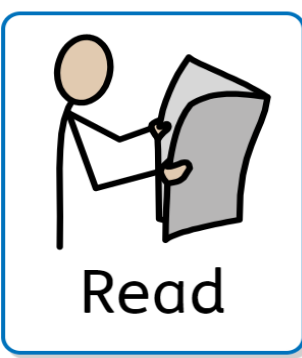
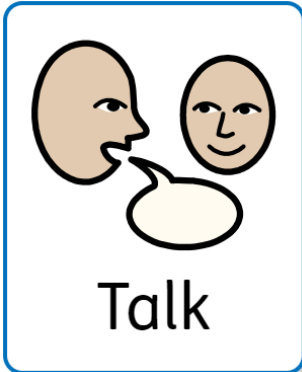
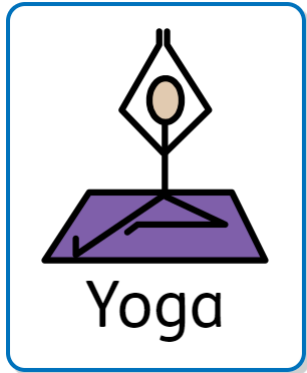
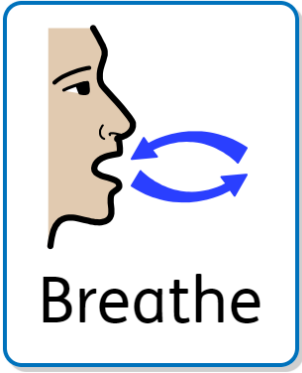
# Helping Independence

I created these emotion mats, to help individual children understand which method they could use to help them calm their nervous system. Print them off, laminate them and use Velcro to move the strategy icon across

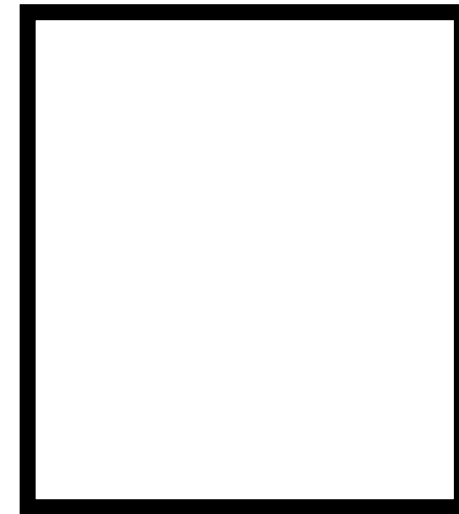


To help me feel  
**green** I will ...





To help me feel  
**green** I will ...



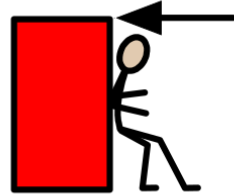
To help me feel  
**green** I will ...

Place the image  
on here





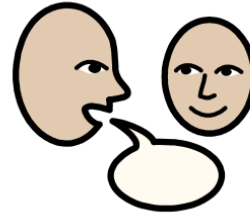

dark, calm, quiet space



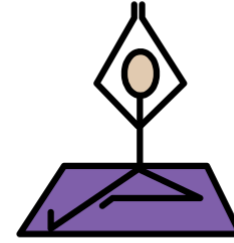
push a wall, or floor



a big hug



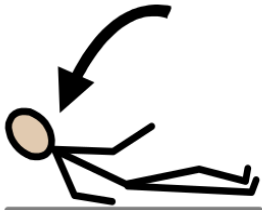
Talk



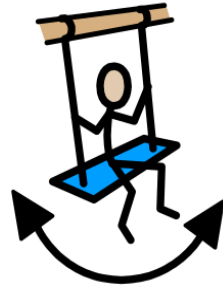
Yoga



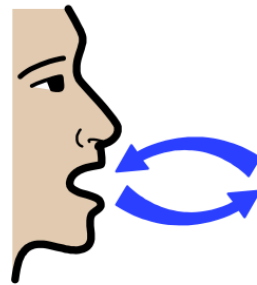
Drawing



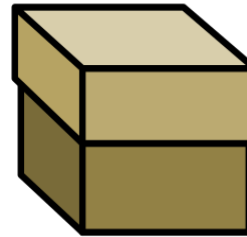
lie down



swing



deep breathing



Calm Box

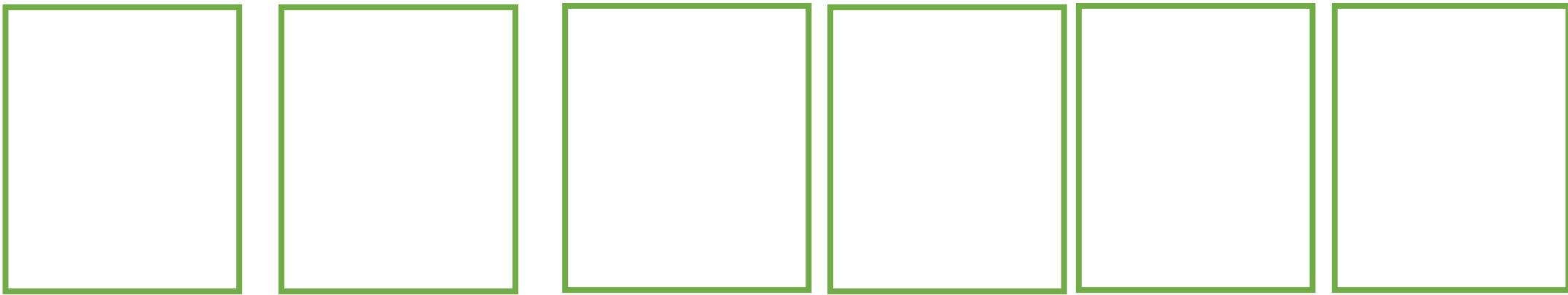
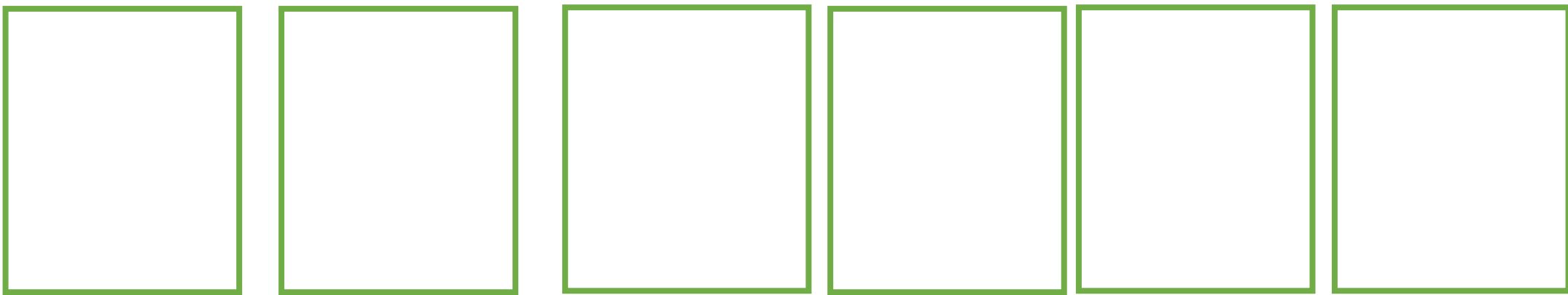


Exercise



Tent

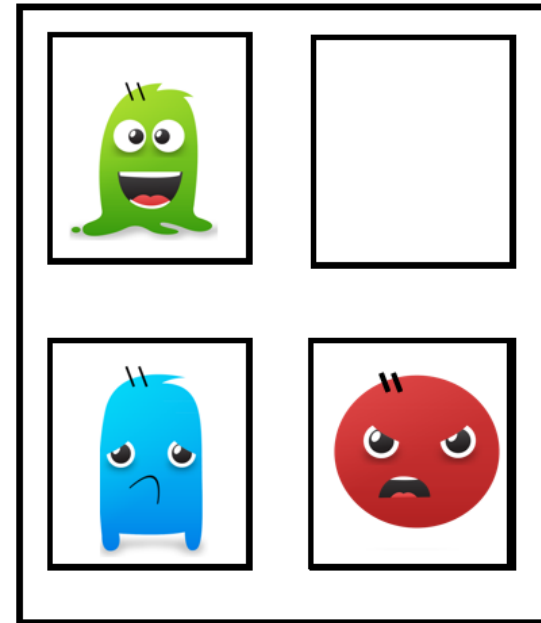
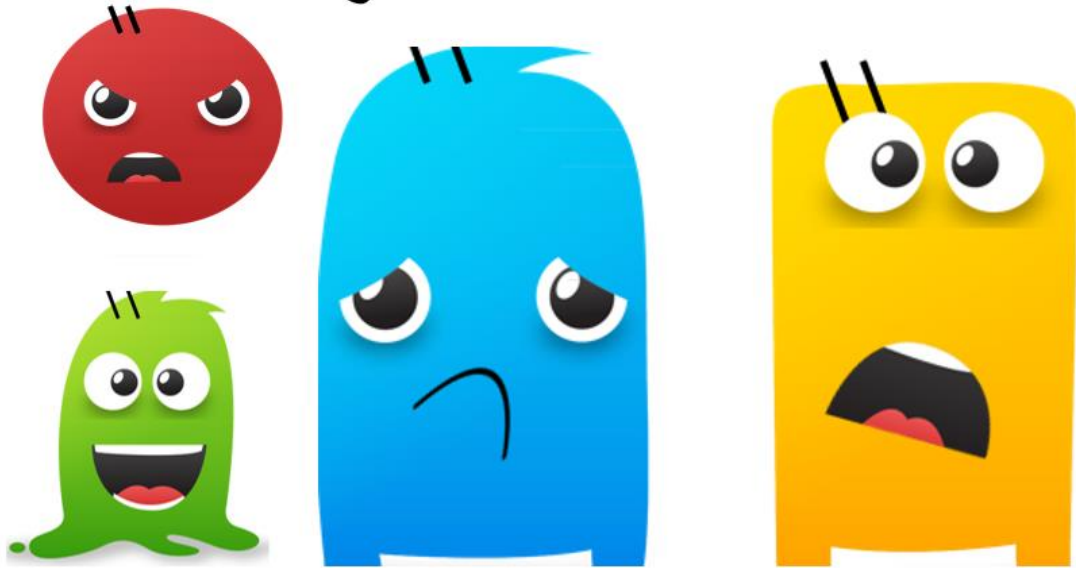




# Emotion Board

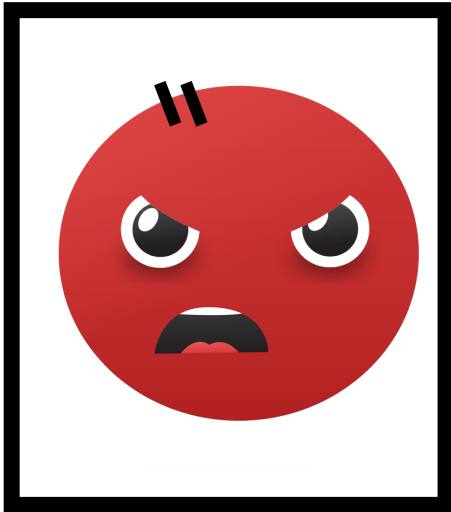
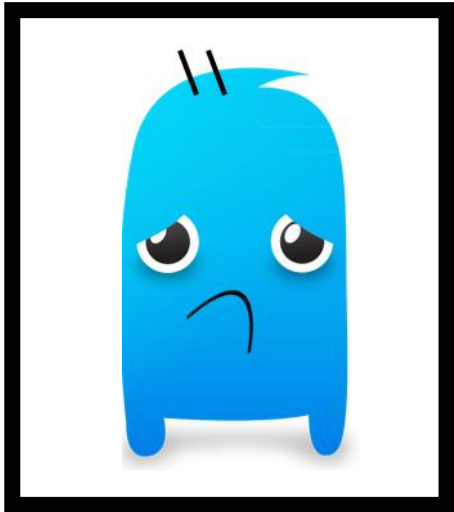
This emotion board is used when working 1:1 with a child. Print it off, laminate it and use Velcro to move the emotion characters across

**Right Now I feel ...**

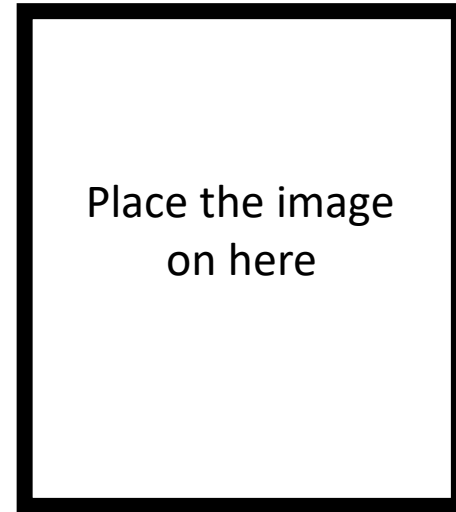


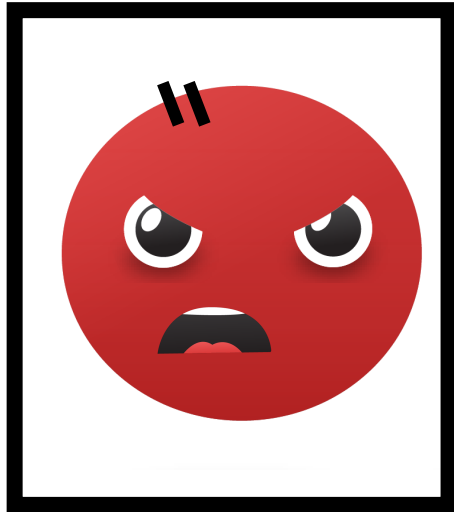
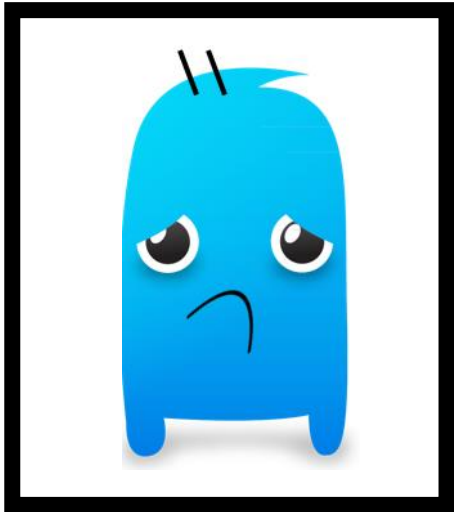
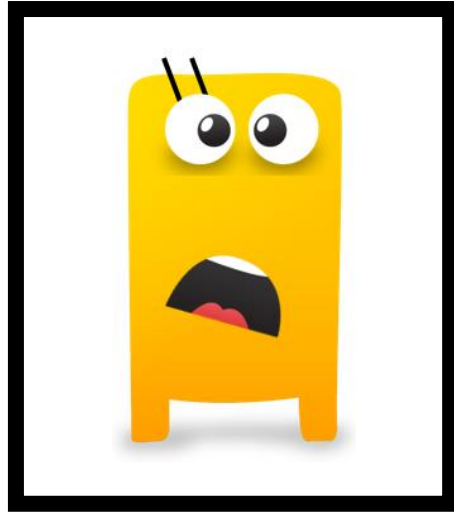
**Right Now I feel**



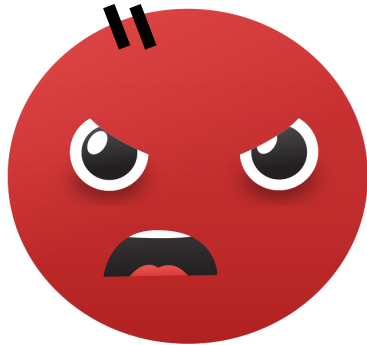
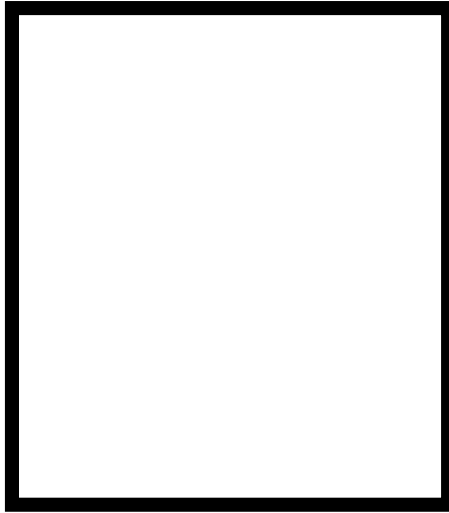


**Right now I feel**

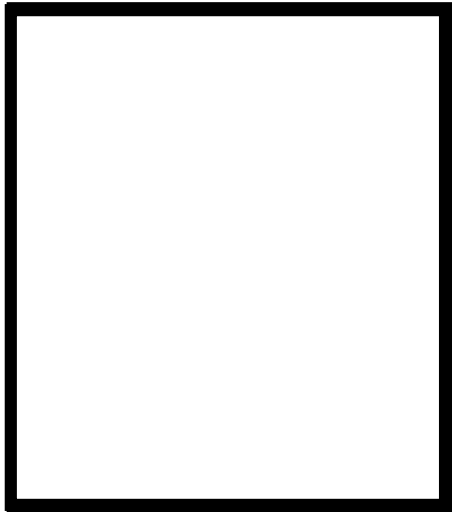
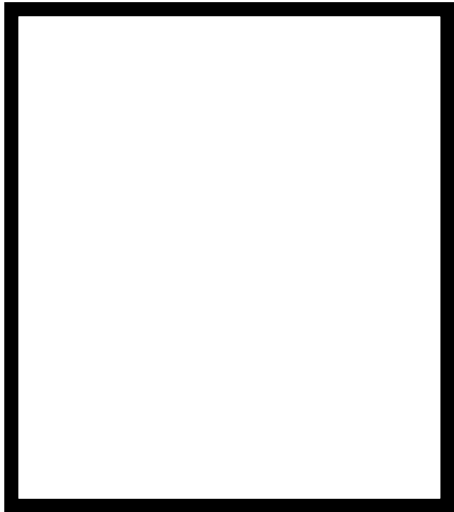
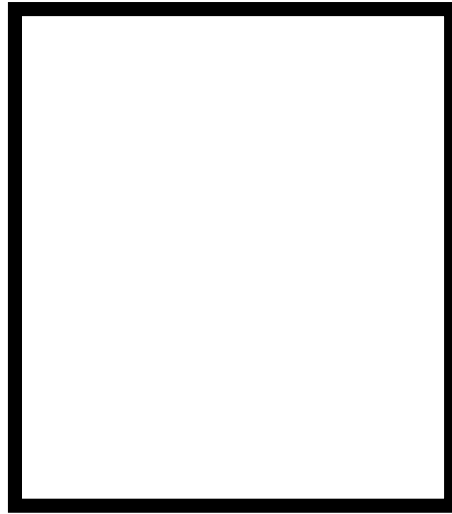
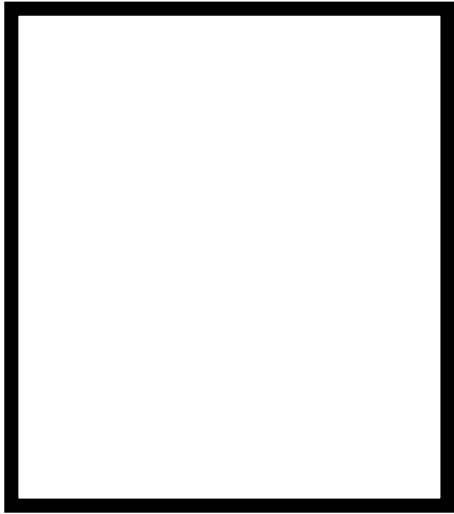




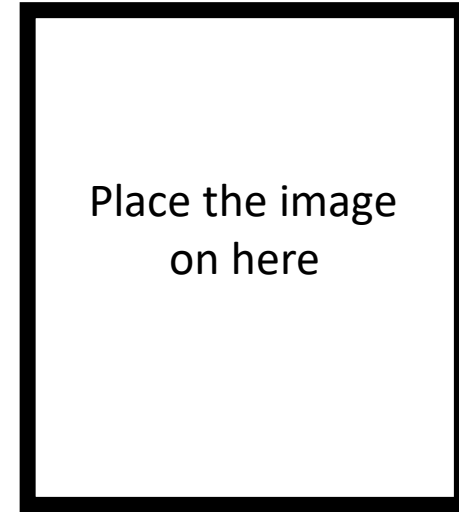
**Right now I feel**



**Right now I feel**



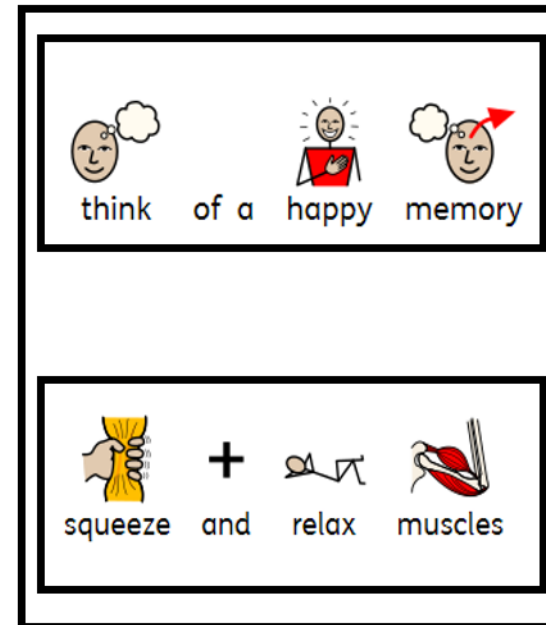
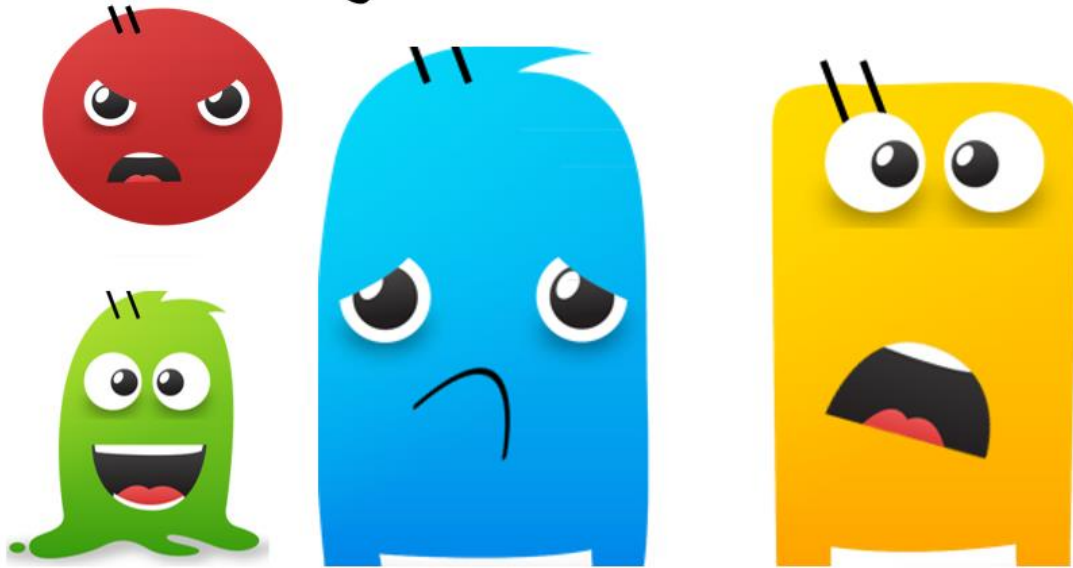
Place the image  
on here



# Strategies Board

Some children will need a stepped approach to understand how to calm their nervous system, these boards will aid in achieving this

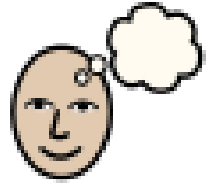
Right Now I feel ...



To help me feel  
**green** I will ...

Place the image  
on here



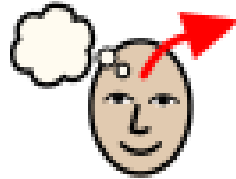


think

of a



happy



memory



squeeze

+

and



relax



muscles

To help me feel  
**green** I will ...

Place the image  
on here





To help me feel  
**green** I will ...

Place the image  
on here





slow



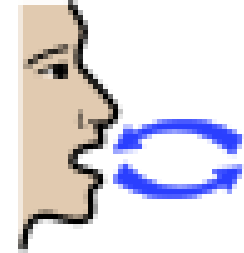
breathing

5x

5 times



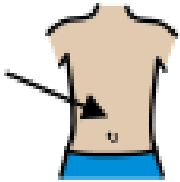
star



breathing



slow



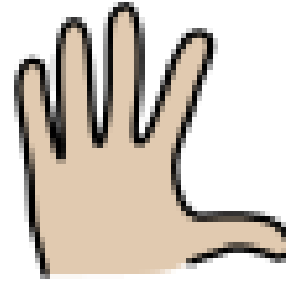
belly



breathing

5x




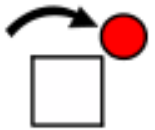
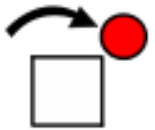
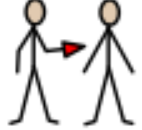
5 times

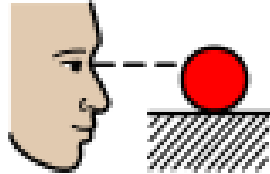
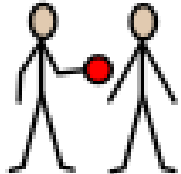
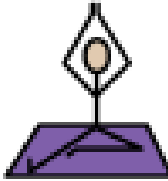



hand

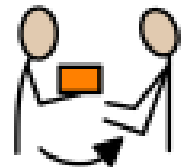
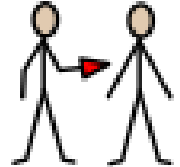
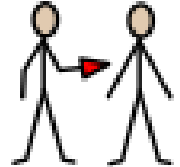
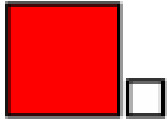









breathing

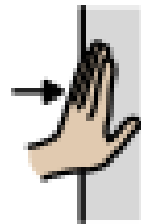
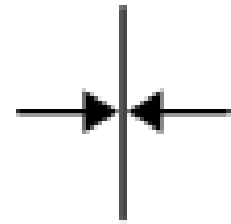
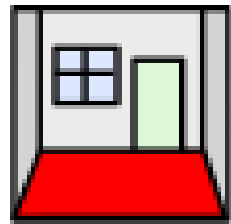
 put  a  heavy  blanket  over  you


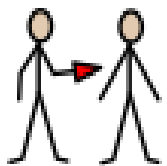

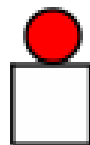

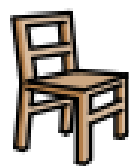
 look at  your  yoga  cards

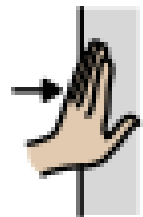
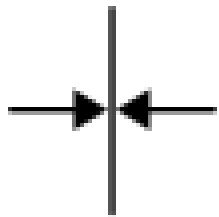
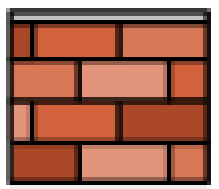
 choose  a yoga  card  to calm  you

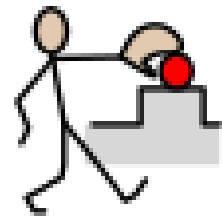
 give  yourself  a  big  hug

       
lie down on the floor and rest

    
push against a floor

       
push yourself up on the chair

    
push against a wall



get

a

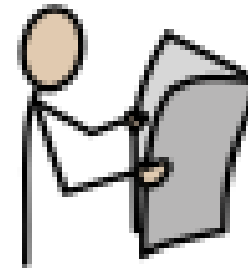


drink

of

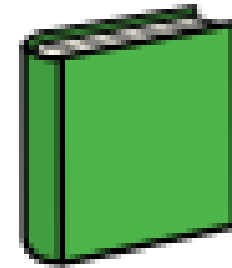


water



read

a

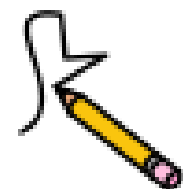


book



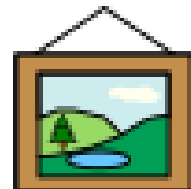
colour

or



draw

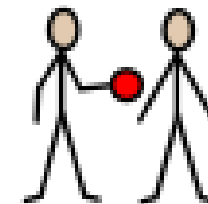
a



picture



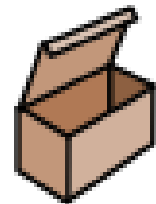
use



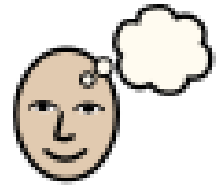
your



calm



box

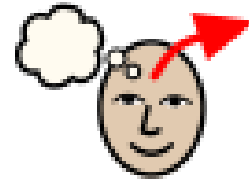


think

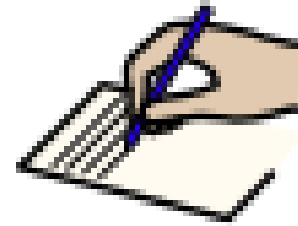
of a



happy



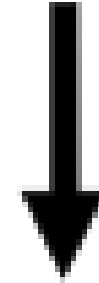
memory



write

it

down



squeeze

+

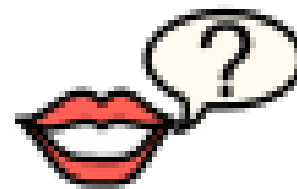
and



relax



muscles



ask

for



help

**Right Now I feel ...**



# The ZONES of Regulation®

How do I feel today??



# Zones of Regulation in the classroom

I found different examples of how schools have used the Zones of Regulation in their learning environment.



• Sit on the bean bag for 2 to 5 minutes.

• Practice peaceful meditation for 5 minutes.

• Practice a yoga pose for 5 minutes.

• Have a quick snack.

• Do a meditation drawing for 5 minutes.

• Run four laps in the little yard during independent work time.

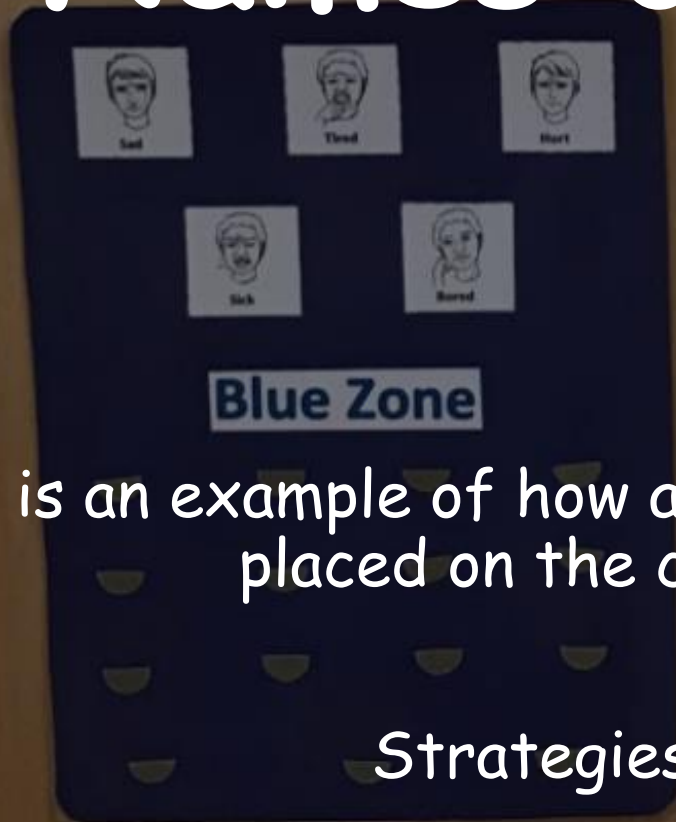
• Take a deep "belly" breath.

• Walk one lap around the long shelf during a lesson.

• Do between 4 to 10 wall push-ups.

• Sit on the bean bag for 5 minutes.

# Names on boards ...



This is an example of how a child's name/or photograph can be placed on the colour they are feeling.

Strategies are also available

# Visual Aids

There are many ways to help visually show how a child is feeling. Stickers, wrist bands, named sticks.



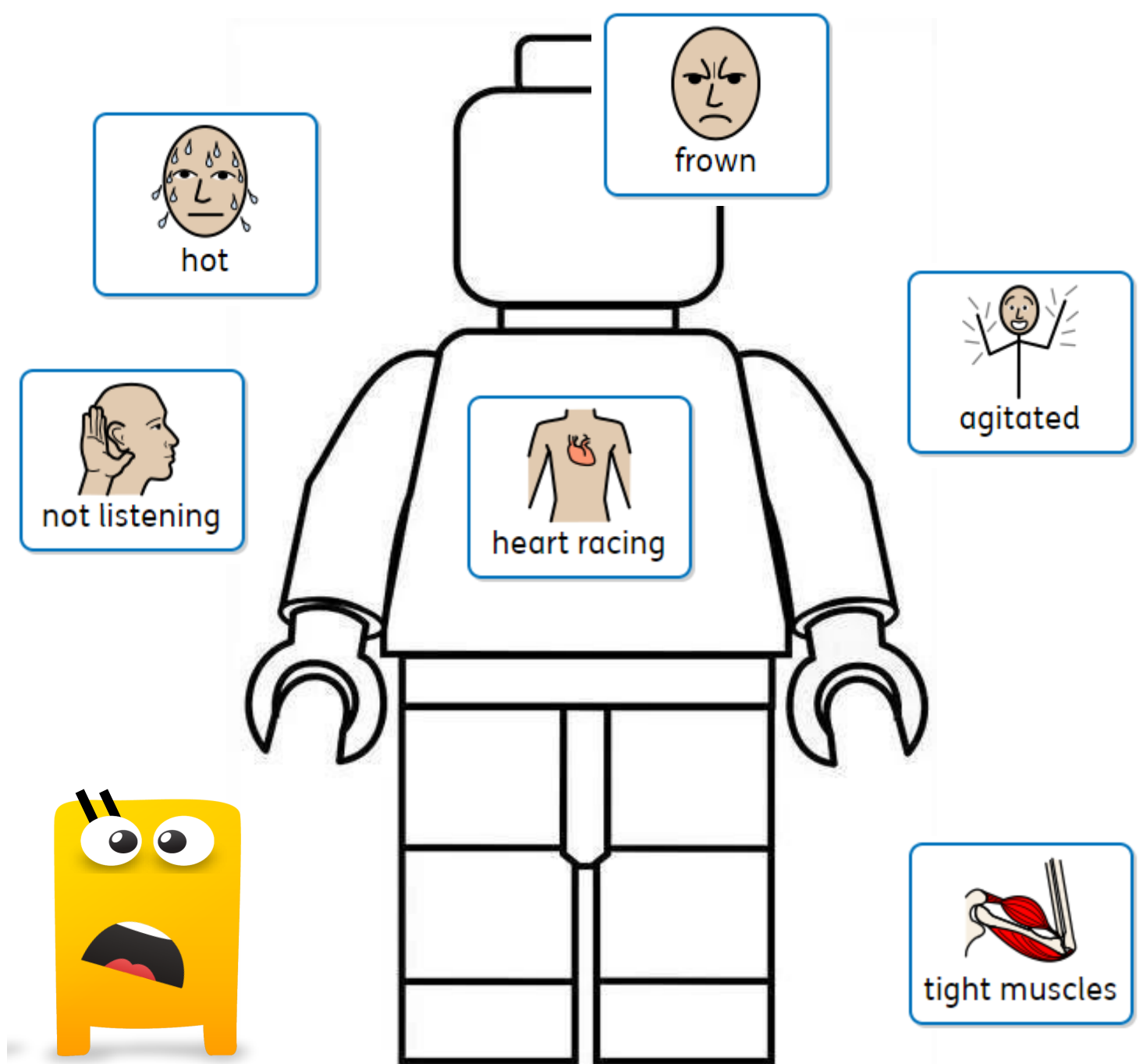
# Regulation Station

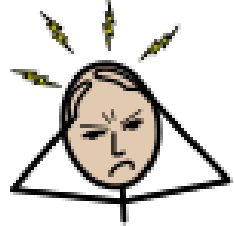
Calm corners, regulation stations ... all aim to support the emotional regulation in a child.



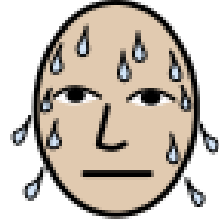
# Body Scan

I have created a visual aid to help children link their biological response to a named emotion. Print them off and talk through how different emotions feel inside our bodies. I would also recommend drawing around the child and getting them to make up their own images

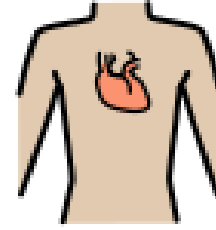




headache



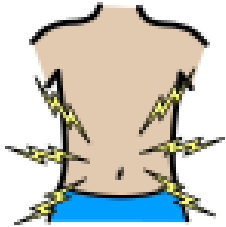
hot



fast heart



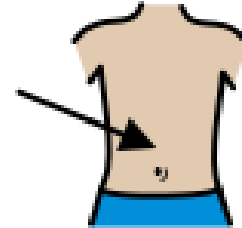
irritated



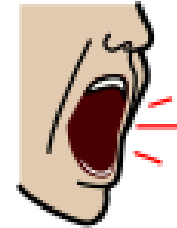
stomach ache



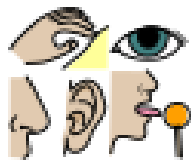
tense  
muscles



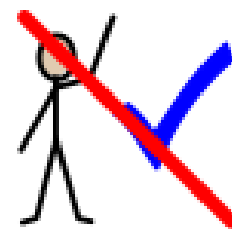
upset tummy



screaming



heightened  
senses



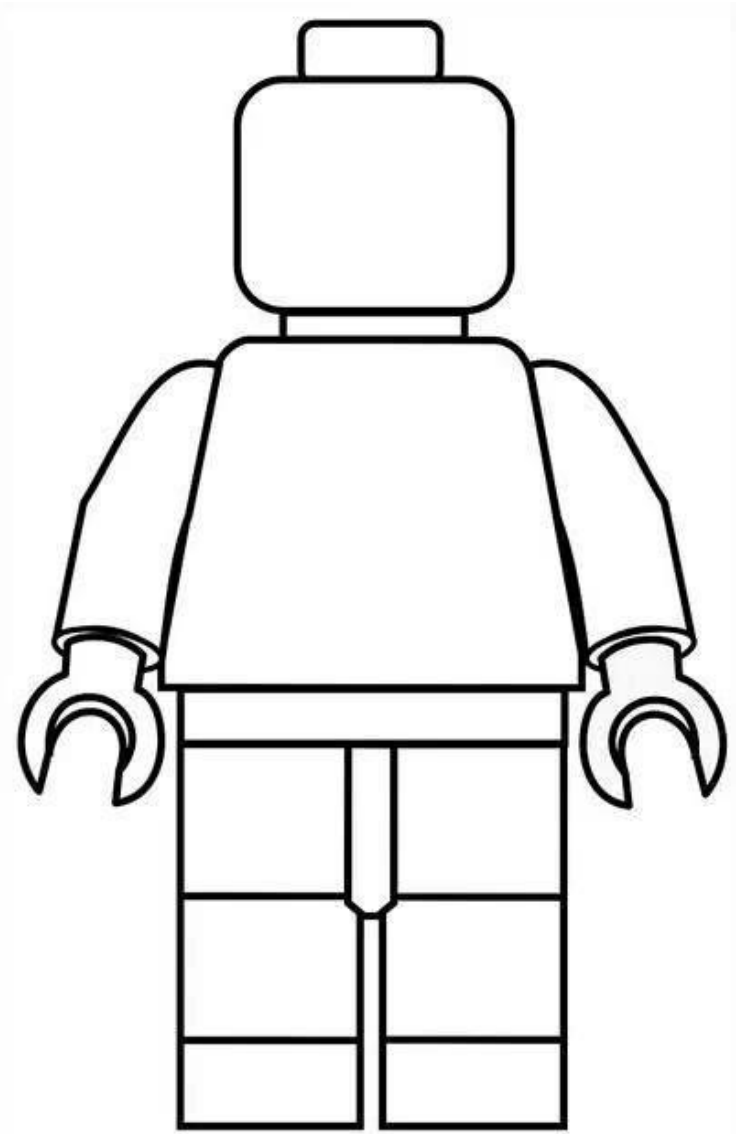
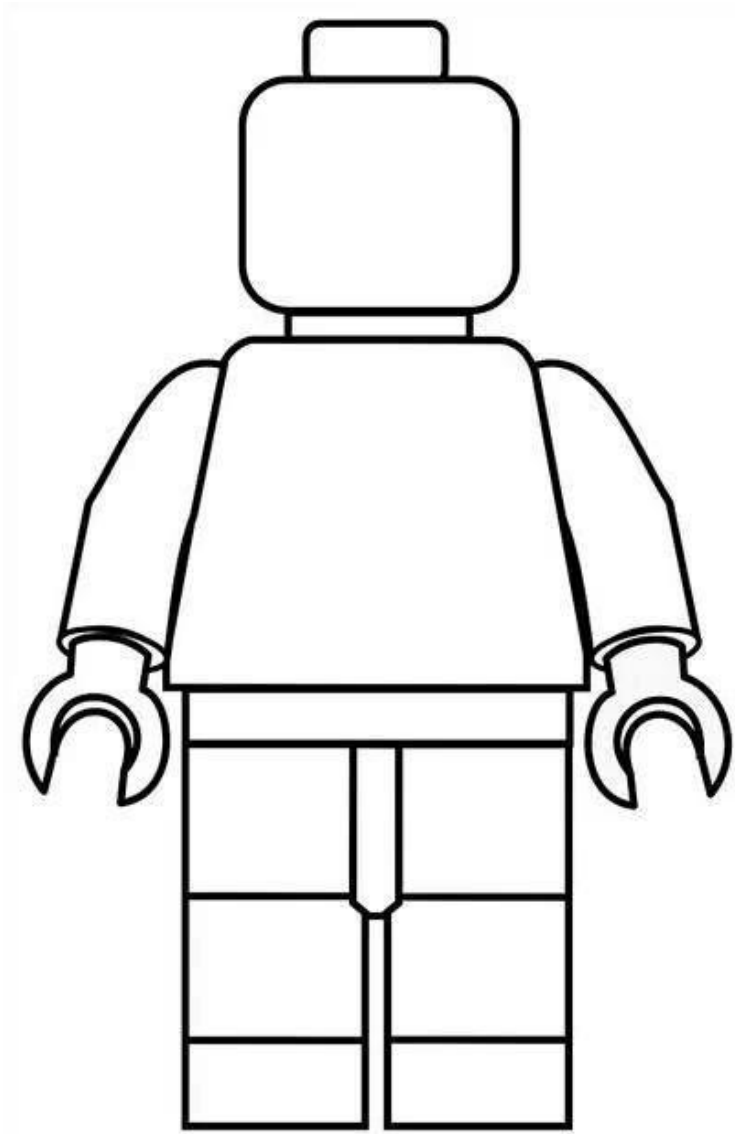
can't listen

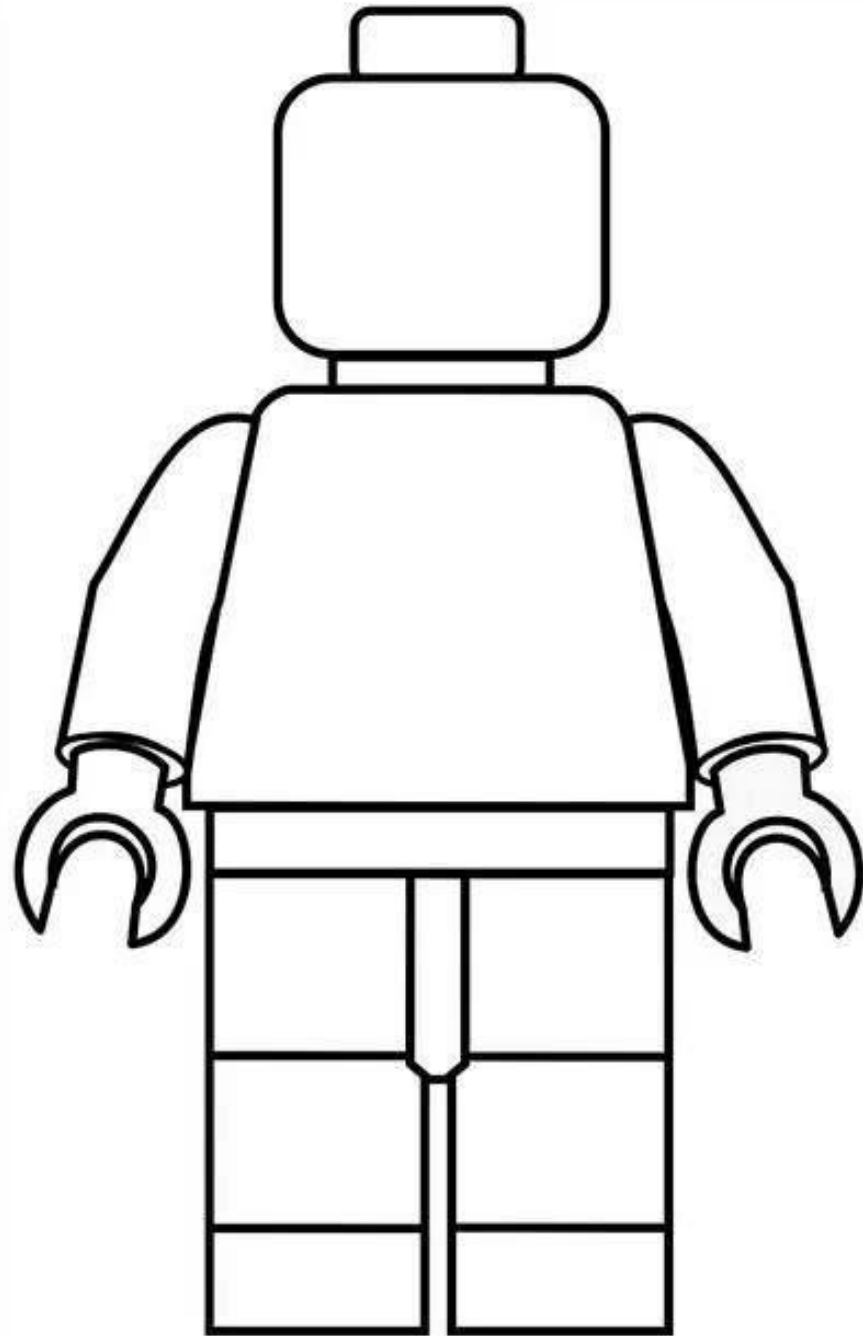


crying



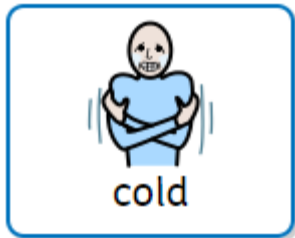
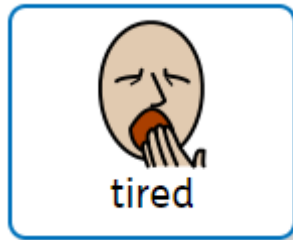
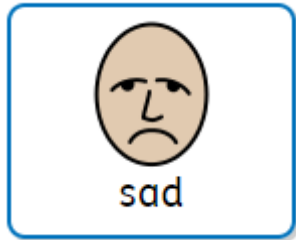
can't keep  
still





# Drama

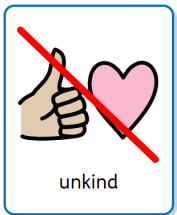
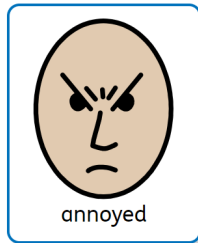
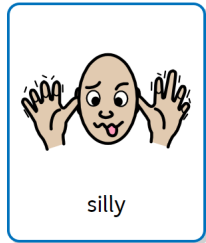
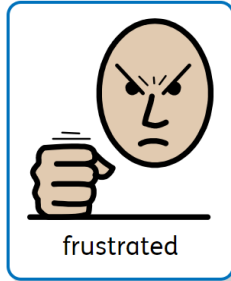
Visual and non-visual cues can be acted out effectively through drama. Being in the body of a person feeling blue - allows a child to empathise with what it would be like and provide strategies to help them





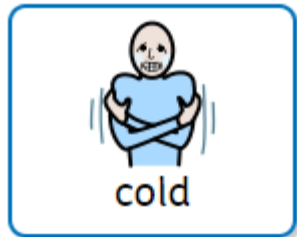
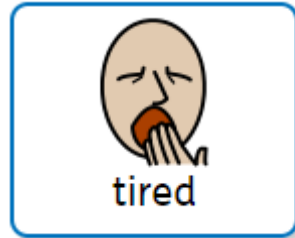
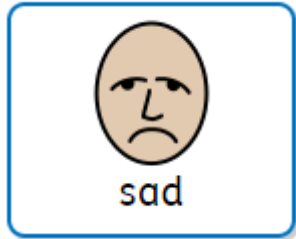
# Drama

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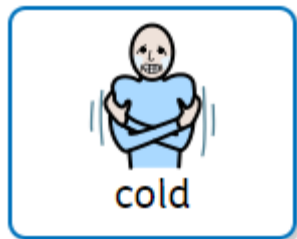
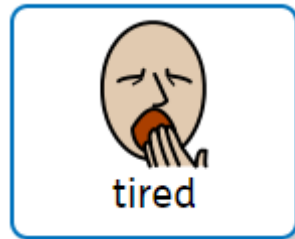
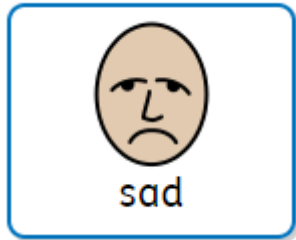
# Movie Time

I have found a number of Pixar short clips that link to emotions. If you click on the image, it will go through to the clip on Youtube



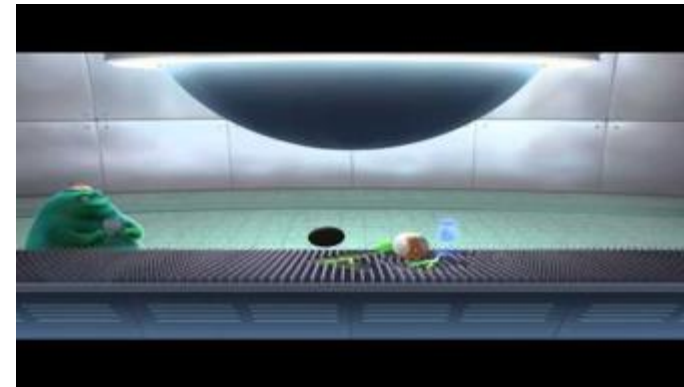
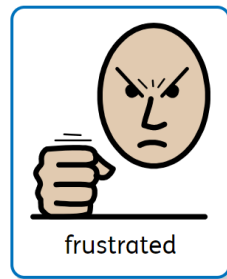
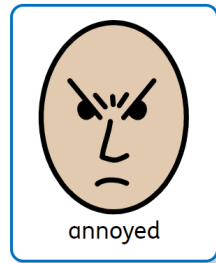
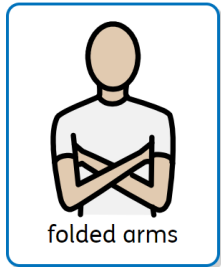
# Movie Time

Watch the video clip, talk about how the characters feels, link that to the visual aids in your environment



# Movie Time

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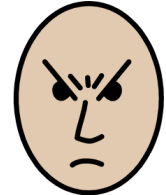


# Movie Time

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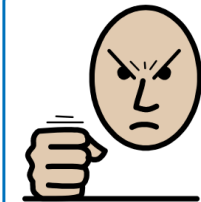
silly



annoyed



unkind

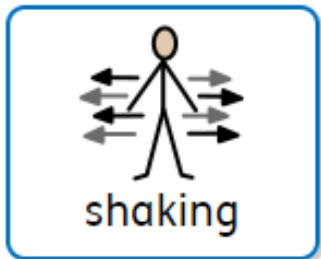
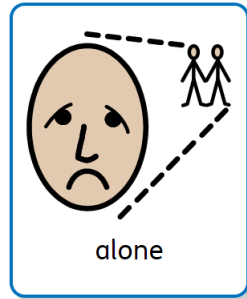
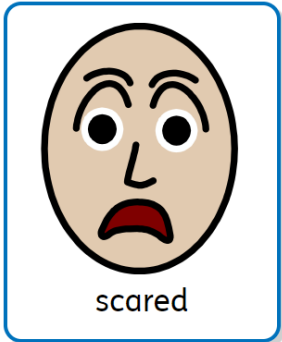


frustrated



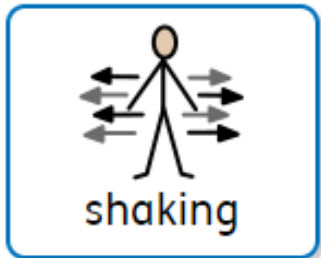
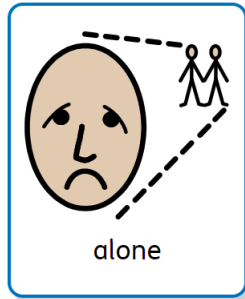
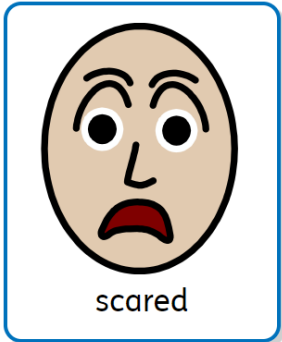
# Movie Time

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# Movie Time

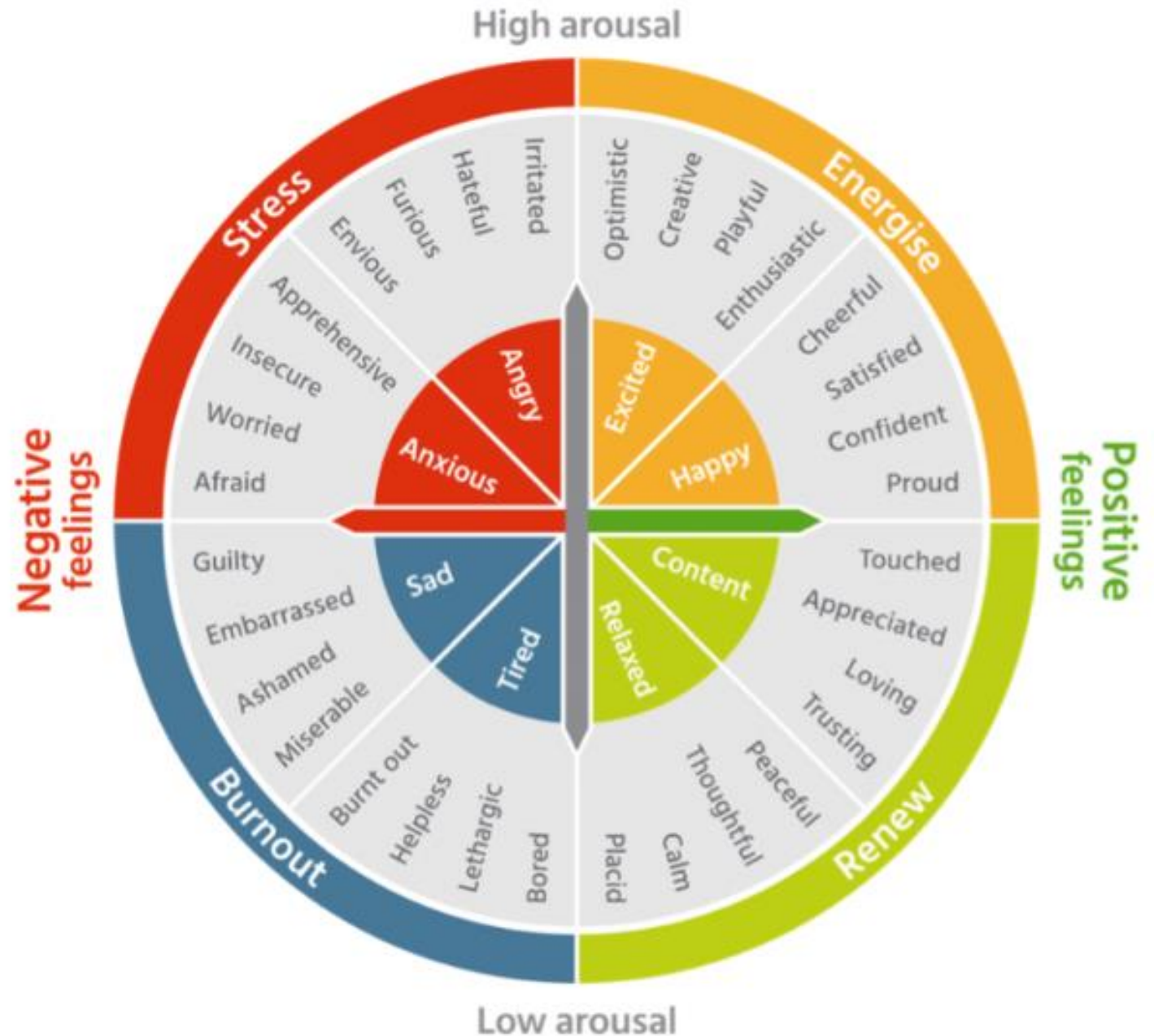
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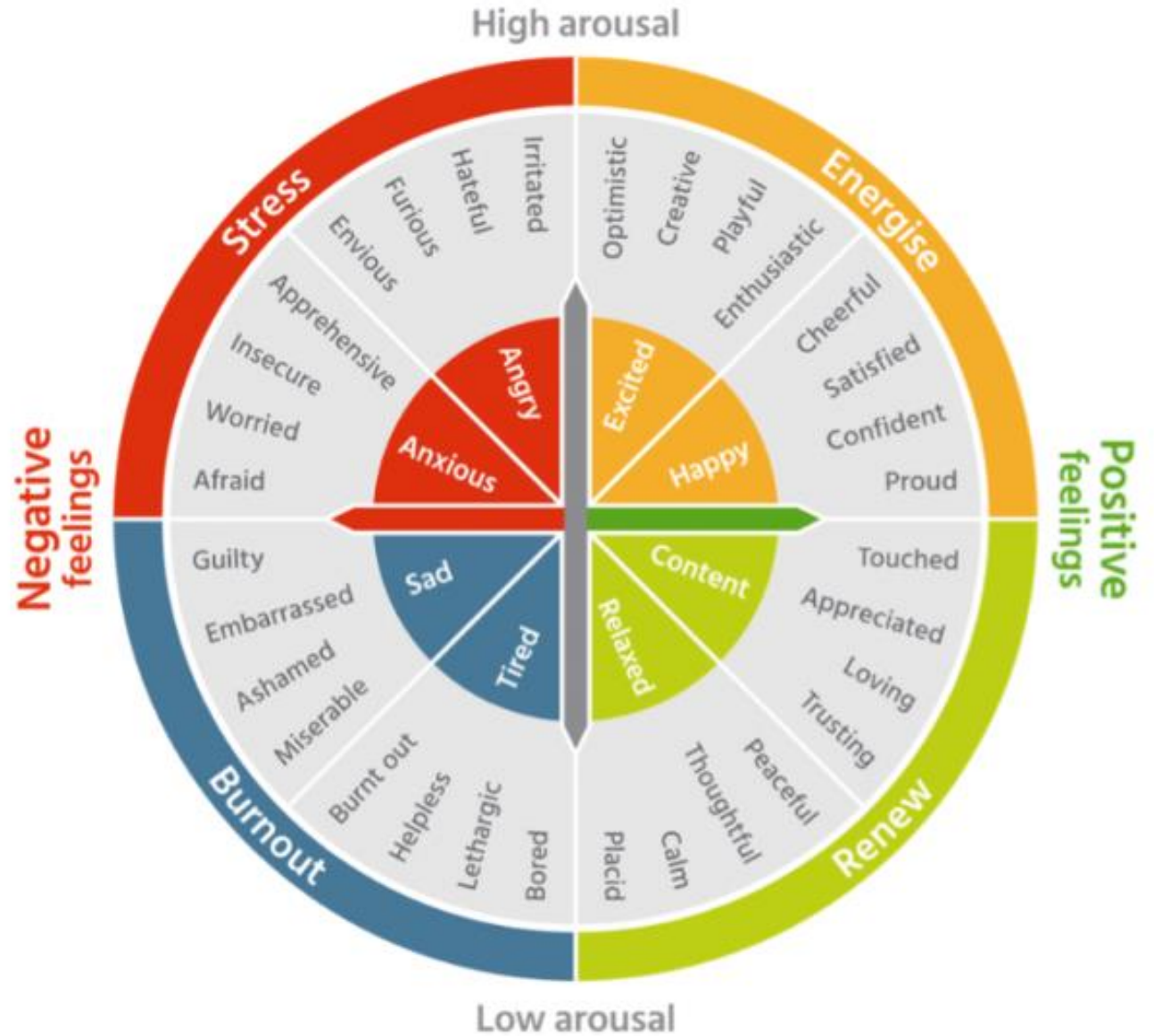
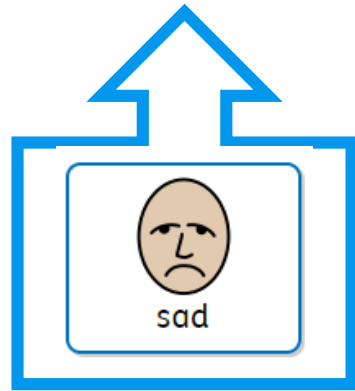
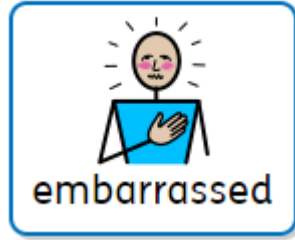
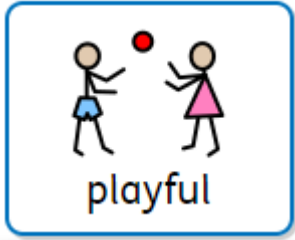


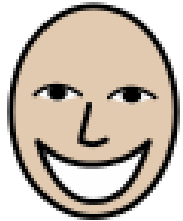
# Wheel of Emotions

Wheels of emotion are an excellent way of visually showing a child that there are different words to express the same emotion. I have also created visual emotion cards to use in a variety of different games; bingo, drama, snap, etc





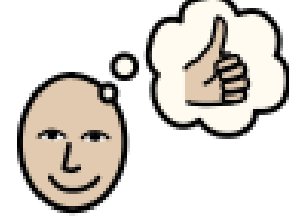




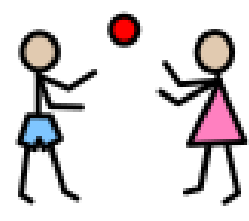
happy



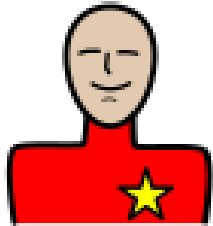
happy



optimistic



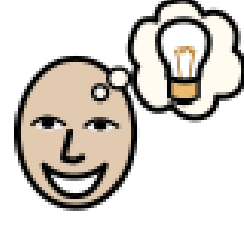
playful



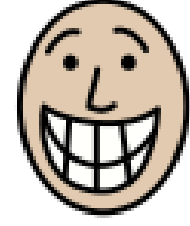
proud



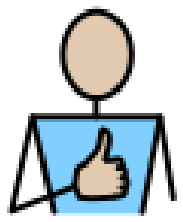
confident



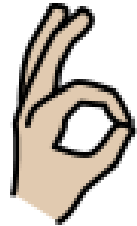
creative



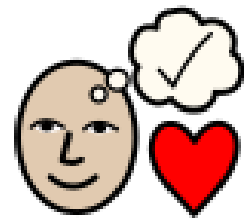
excited



satisfied



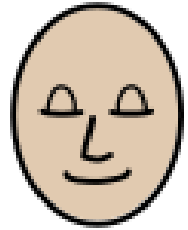
okay



enthusiastic



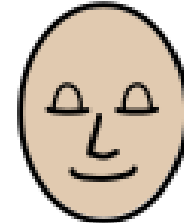
good



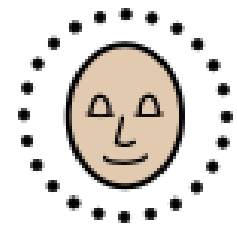
peaceful



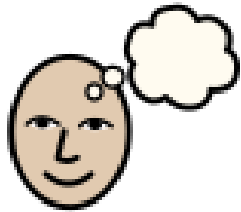
kind



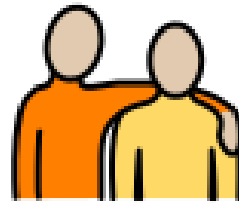
content



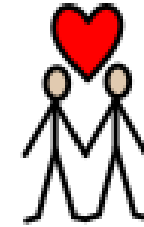
trusting



thoughtful



caring



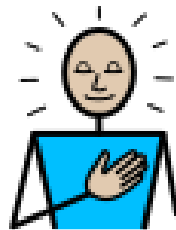
loving



appreciated



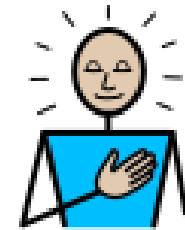
relaxed



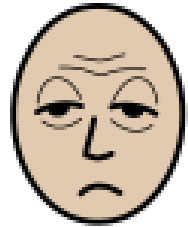
calm



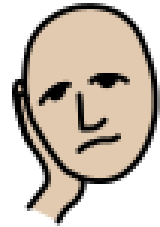
relaxed



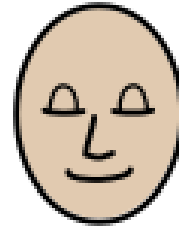
calm



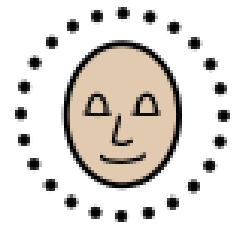
tired



bored



content



trusting



helpless



sad



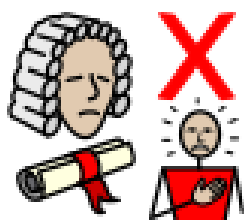
loving



appreciated



ashamed



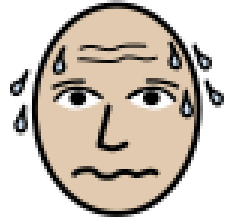
guilty



relaxed



calm



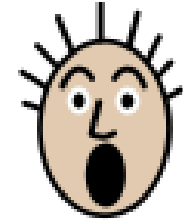
anxious



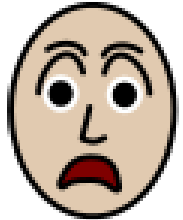
worried



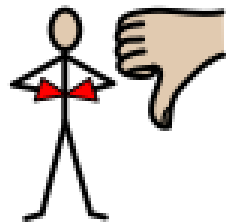
cross



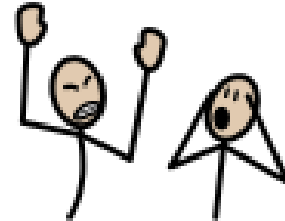
terrified



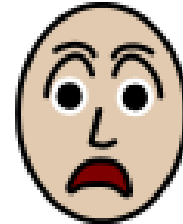
afraid



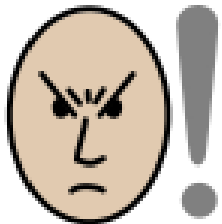
insecure



scared



scared



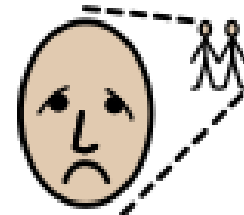
angry



hateful



worried



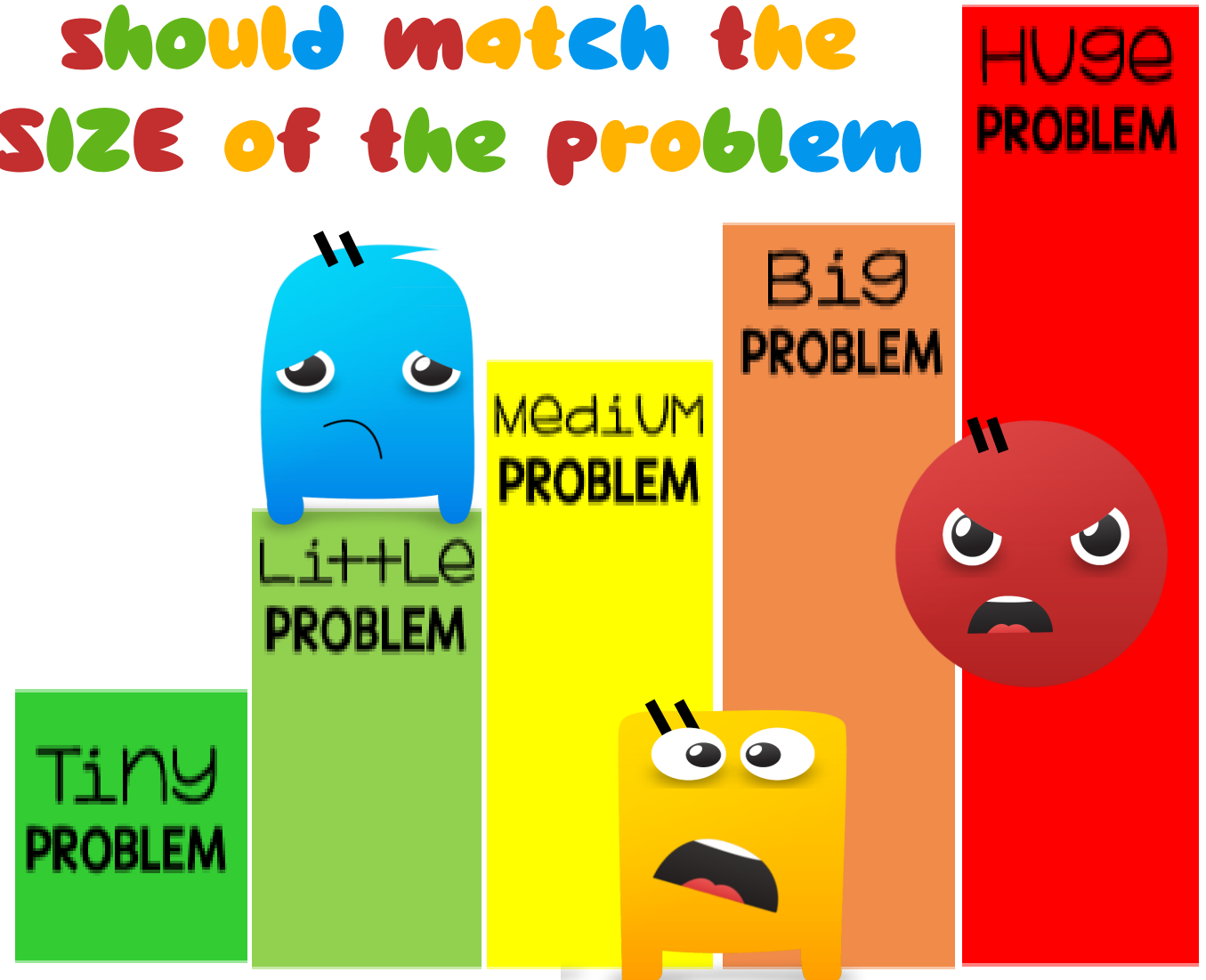
alone

# WHAT'S The size OF YOUR PROBLEM

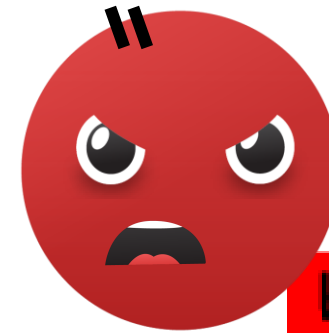
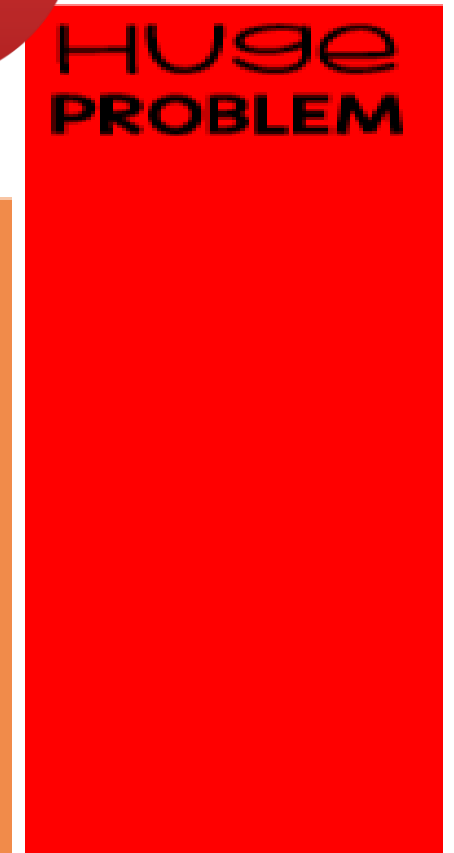
I have created a simple poster to help illustrate that the size of the reaction should match the size of the problem the child is facing.



The **SIZE** of your  
reaction  
should match the  
**SIZE** of the problem



The Size of your reaction  
Should match the size of  
the problem

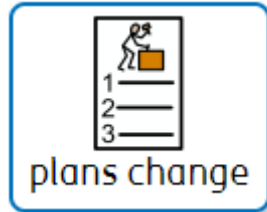


# WHAT'S The size OF YOUR PROBLEM

WHAT'S  
The size  
OF YOUR  
PROBLEM



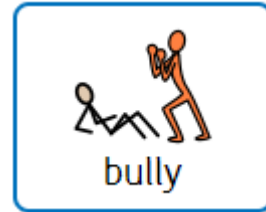
Tiny  
PROBLEM



Little  
PROBLEM



Medium  
PROBLEM



Big  
PROBLEM



Huge  
PROBLEM





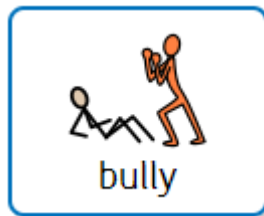
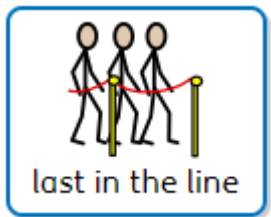
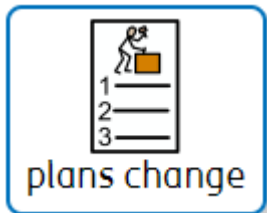
# What Works?

These mats can be used with individual children to identify what their emotional triggers are. It helps to see if it is linked to a; sensory, emotional, or task based difficulty.

The image shows three mats arranged horizontally, each with a different emotional state and associated triggers. The mats are enclosed in a red border.

- Mat 1: "I feel OK"**
  - Text: "I feel OK" (green)
  - Triggers: "plans change" (document icon), "last in the line" (stick figures icon)
  - Character: A green, rounded character with a happy expression.
- Mat 2: "I feel wobbly"**
  - Text: "I feel wobbly" (orange)
  - Triggers: "being hit" (hand hitting head icon), "hurt" (hand holding head icon), "bully" (bully icon)
  - Character: A yellow, rounded character with a surprised expression.
- Mat 3: "An adult will help me"**
  - Text: "An adult will help me" (red)
  - Triggers: "danger" (warning sign icon), "fire" (house on fire icon), "emergency" (999 phone icon)
  - Character: A red, circular character with a sad expression.

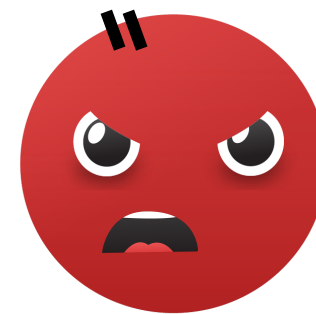
**I feel  
OK**



**I feel  
wobbly**



**An adult  
will help me**



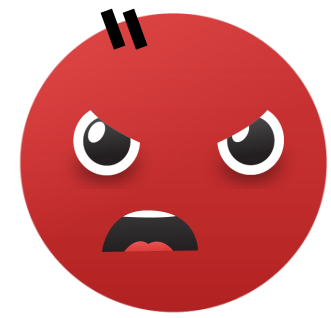
I feel OK  
when...



I feel wobbly  
when...



I feel angry  
when ...



I feel OK when...

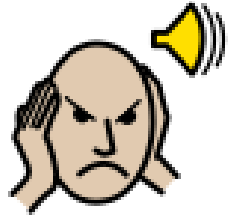


I feel wobbly when...

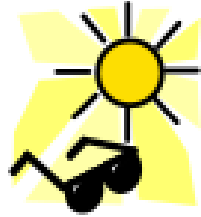


**I feel angry when ...**

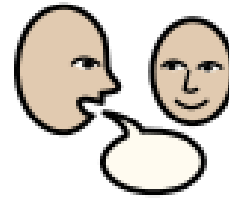




noisy



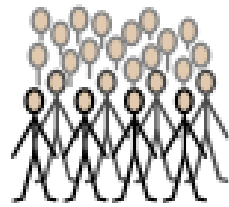
bright



talking



smell



busy



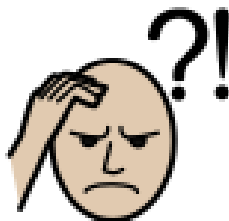
pushing



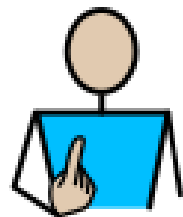
demand



food



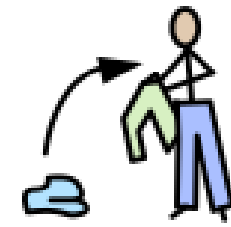
difficult



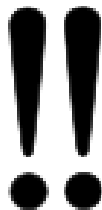
touching me



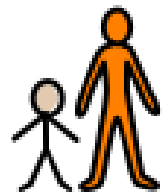
questions



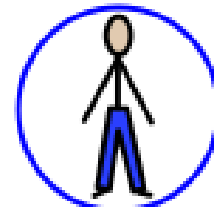
clothes



too close



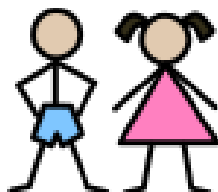
adults



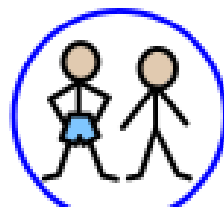
dad



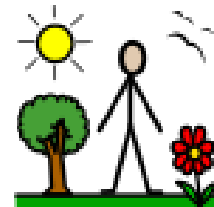
family



children



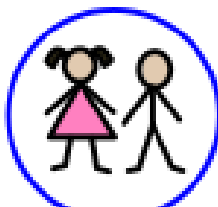
brother



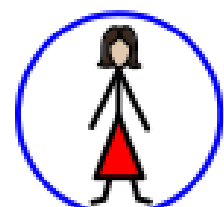
outside



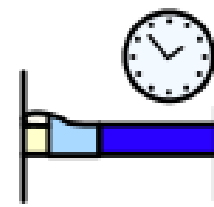
animals



sister



mum



bedtime

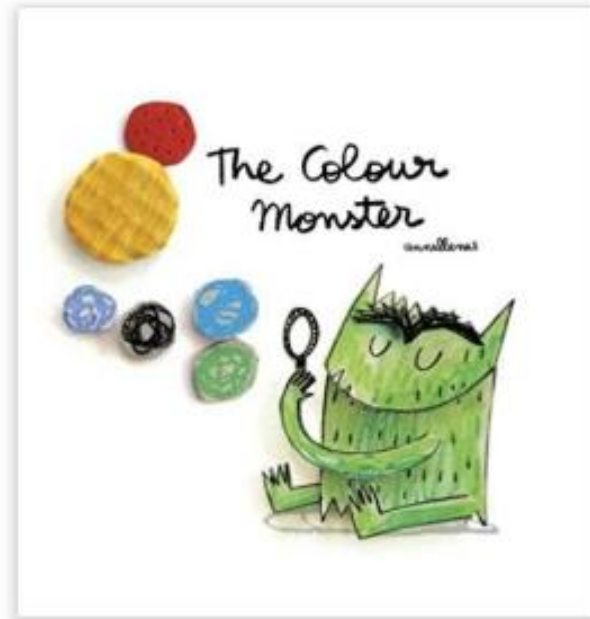


soft blanket



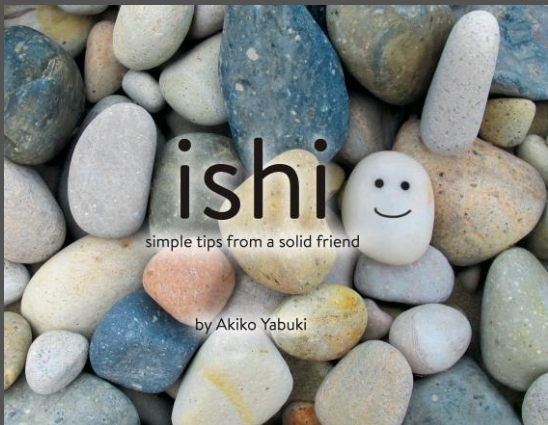
# Read all about it

Books are a brilliant tool to link emotions, stories and activities together. Use them in your emotional learning journey to embed emotional intelligence into the child's learning environment





Read all  
about it



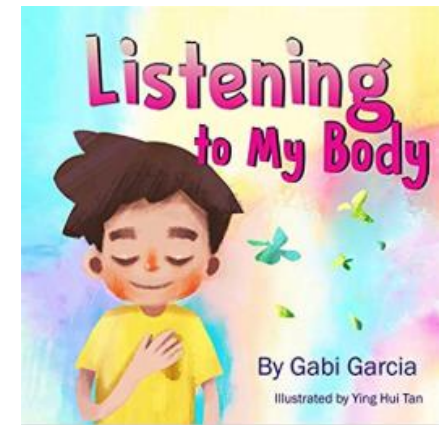
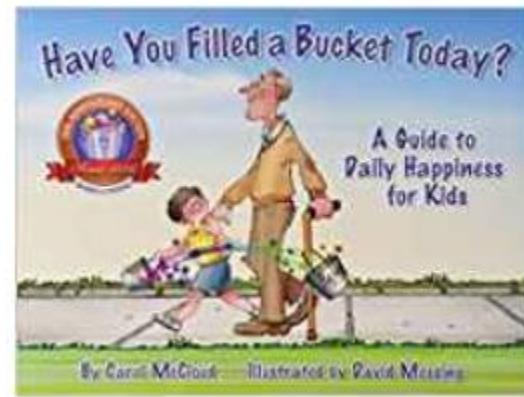
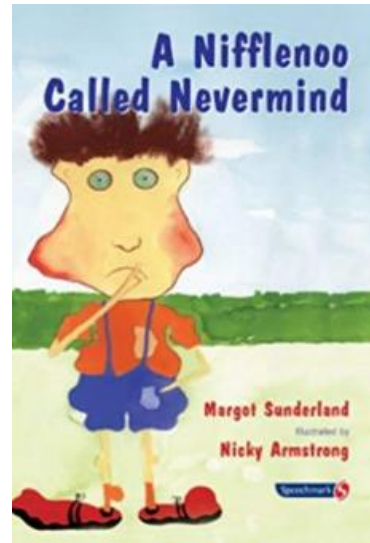
When something feels impossible,










I move my body. Run, swim, climb a tree!

# More books on emotions

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 when  Tracy  gets  cross


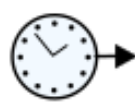

 She  will  sit down





 and  do  slow  breathing **5x**  
5 times

When a child struggles to see themselves in a situation  
- a social story can link it together

# Social Stories

 when  Tracy   is hot

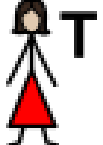

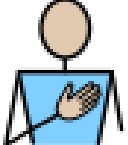

 She  will  sit down

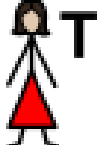


 and  drink  her  water bottle

# My Story






I have used an excellent online tool:  
Widgit - to create this social story.  
Social stories can be made to help  
individual children who are  
struggling with their emotional  
regulation and need more support.

The book can then be taken home to  
read.





 Tracy   feeling  unsafe



 Tracy   feeling scared




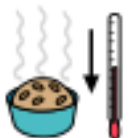
 Tracy's  heart   fast   she   hot

 Tracy  sits  in  the  tent

 Tracy  shuts her eyes  and  slowly  breathes  in  and  out

 Tracy's  heart  is  calm

 Tracy  drinks  a  cup  of  cold  water

 Tracy  is calm  and  cooled down

 Tracy  is  feeling  green  again

# Emotions on the table

I have made small emotion strips that can be laminated and put on tables, along with the strategies. They are unique to the child and aim to help calm a child's nervous system, when needed



**Angry**



**Low**



**Wobbly**



**Happy**



push



yourself



up



on



the



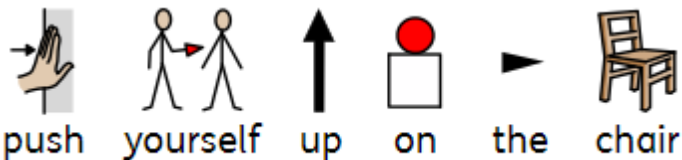
chair



star



breathing



star



breathing



star



breathing





**Angry**



**Low**



**Wobbly**



**Happy**



**Angry**



**Low**



**Wobbly**



**Happy**





slow



breathing

5x

5 times



slow



belly



breathing

5x

5 times



hand



breathing



star



breathing



put

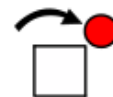
a



heavy



blanket



over



you



choose

a



yoga



card

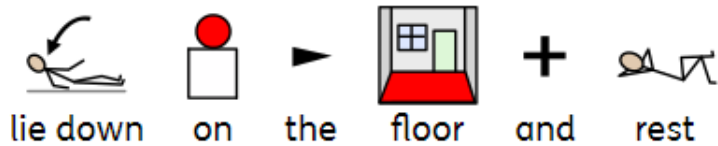
to



calm



you



lie down on the floor and rest



push against a wall



push yourself up on the chair



look at your yoga cards



push against a floor



give yourself a big hug



think

of a



happy



memory



squeeze

+

and



relax



muscles



write

it



down



ask

for



help



# Thank You

*Tracy, Founder of the Child Therapy Service CIC*