

Home Learning Project

Summer 2

What Zone Are You In?			
Blue	Green	Yellow	Red
			 
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

In PSHE we will be looking at 'Emotions'.

Create something that links to the Zones of Regulation that you can use when you are struggling to explain your emotions.

