

Homework Spring 1 Week 2 Year 1 and 2

To be returned to school by Tuesday 21st January 2019

We are looking at Keeping Safe this half term! We are looking at how we manage our own feelings to keep safe. We are using Zones of Regulation in which each colour represents a feeling. Children are working on identifying their own feelings, matching actions to feelings and reflecting on when they have appropriate reactions.



<u>LI: to keep a tally chart and explain my findings</u>				Assessment		
I	P	G	A	Pupil	Parent	Teacher
SC: discuss the zones of regulation chart with an adult						
SC: pick a day and tie to track your feelings						
SC: track you colour and emotion over the period of time						

The **ZONES** of Regulation®

BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	
Sad Sick Tired Bored Moving Slowly		Happy Calm Feeling Okay Focused Ready to Learn		Frustrated Worried Silly/Wiggly Excited Loss of Some Control		Mad/Angry Terrified Yelling/Hitting Elated Out of Control	

	3pm	4pm	5pm	6pm	7pm
Monday	Green because we had music.	Yellow because I had to get on the bus.	Green because I played when we got home.	Green because we had fish fingers for tea.	Blue because my dad went to work.
Friday					
Saturday					

Homework Spring 1 Week 2 Year 3 and Year 4

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SC: pick a day and tie to track your feelings						
SC: track you colour and emotion over the period of time						
SC: explain why you felt that colour						

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I	P	G	A	Pupil	Parent	Teacher
SC: discuss the zones of regulation chart with an adult						
SC: pick a day and tie to track your feelings						
SC: track you colour and emotion over the period of time						
SC: explain why you felt that colour						
SC: write a paragraph about when you feel green						

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