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.



LI: to keep a tally chart and explain my findings		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	Happy Calm	Frustrated Worried	Mad/Angry Terrified		
Tired	Feeling Okay	Silly/Wiggly	Yelling/Hitting		
Bored	Focused	Focused Excited Ela			
Moving Slowly	Ready to Learn	Loss of Some Control	Out of Control		

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

Homework Spring 1 Week 2 Year 3 and Year 4

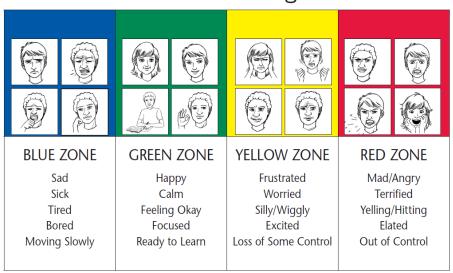
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LI: to keep a tally chart and explain my findings	in my findings Assessment		ent
I P G A	Pupil	Parent	Teacher
SC: discuss the zones of regulation chart with an adult			
SC: pick a day and tie to track your feelings			
SC: track you colour and emotion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

The **ZONES** of Regulation®



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

Homework Spring 1 Week 2 Year 5 and Year 6

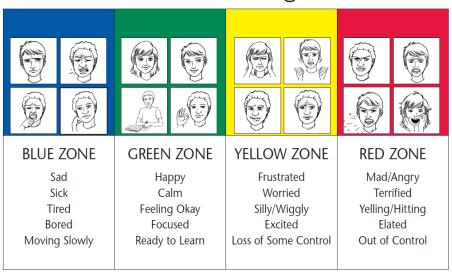
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LI: to keep a tally chart and explain my findings		Assessment			
I P G A	Pupil	Parent	Teacher		
SC: discuss the zones of regulation chart with an adult					
SC: pick a day and tie to track your feelings					
SC: track you colour and emotion over the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

The **ZONES** of Regulation®



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