

Coffee Morning & Parent Support Group

Miss Waysay & Mrs Haneefa

Ice Breaker Activity ...

What did you enjoy most about
going to School ?



Why come in for a Coffee Morning ?

- Open Safe Space
- Support
- Tools and Strategies
- Problem Solving
- Knowledge
- Confidence
- Meet other parents
- learn something new
- Feel involved in school life and up to date with what's going on





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- Overview of self-regulation
 - Understand how ‘The Zones of Regulation’ works
 - Self-regulation tools & strategies

Definition Of Self-Regulation:

- “...it is defined as the capacity to manage one’s thoughts, feelings and actions in adaptive and flexible ways across a range of contexts.”

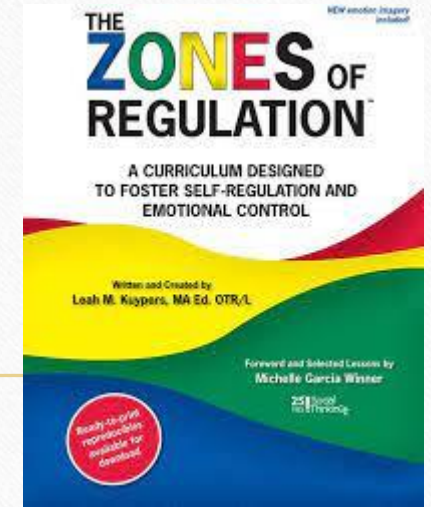
https://www.youtube.com/watch?app=desktop&v=Ejv_1botGpw

A person who can self-regulate is able to:

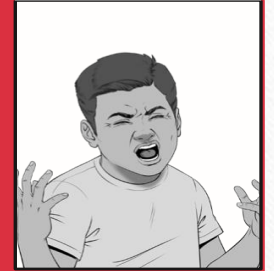
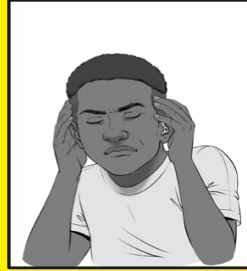
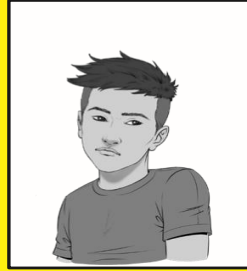
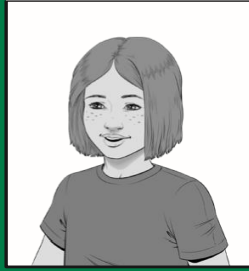
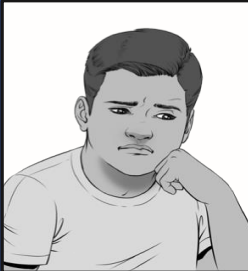
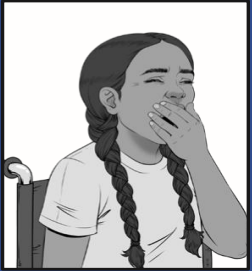
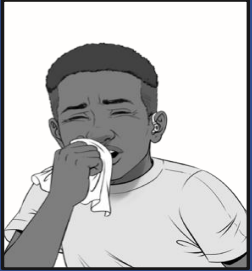
- Remain calm and organised in a stressful situation (Executive Functions)
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- Cheer themselves up after a disappointment (Emotional Regulation)
 - Knows when they are experiencing sensory overload and can make adjustments (Sensory processing)
 - Understands when it is appropriate to cheer and shout and when to be quiet (Social cognition)

What are the Zones of Regulation?

- Teaches our pupils:
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills



The **ZONES** of Regulation™



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly

GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Relaxed

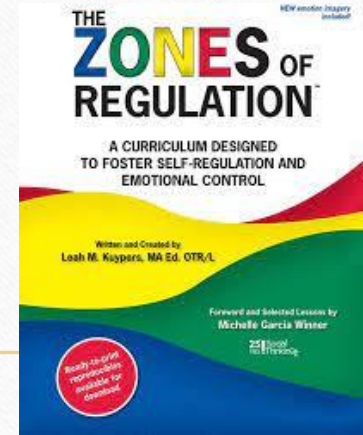
YELLOW ZONE

Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some Control

RED ZONE

Mad/Angry
Terrified
Elated/Ecstatic
Devastated
Out of Control

KEY POINTS:



- There is no ‘bad’ Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can’t change the way children feel BUT we can help them manage their feelings/states and behaviours. “It’s OK to be angry but it is not OK to hit...”
 - You can be in more than one Zone at a time (e.g.. sad and angry).

Any Suggestions... ?

