



<p><b>Week 1 - ZofR</b> Introduction to emotions</p> <p><b>L.I. To identify different emotions within the Zones of Regulation.</b></p> <ul style="list-style-type: none"> <li>Names the different zones</li> <li>Name different emotions</li> <li>Identify a zone for each emotion</li> <li>Recognise other peoples emotions and their zone</li> <li>Discuss the 5 key emotions for this term, sadness, anger, happiness, fear/anxiety and jealousy</li> </ul>	<p><b>Week 2 - Sadness</b> Play</p> <p><b>L.I. To identify the emotion of sadness and the use of play in regulation.</b></p> <ul style="list-style-type: none"> <li>Identify which zone sadness is in.</li> <li>Explore the emotion of sadness and what can make people sad.</li> <li>Identify how your body and mind feels when it is sad.</li> <li>Discuss different tools to use when feeling sad.</li> <li>Share what playing is and how it can help when feeling sad.</li> </ul>	<p><b>Week 3 - Anger</b> Physical Activity</p> <p><b>L.I. To identify the emotion of sadness and the use of play in regulation.</b></p> <ul style="list-style-type: none"> <li>Identify which zone anger is in.</li> <li>Be able to identify different things that make people angry.</li> <li>Explore what anger looks like - how people react when angry.</li> <li>Identify individual tools to use when feeling angry.</li> <li>The importance o movement and activity to support regulation.</li> </ul>	<p><b>Week 4 - Happiness</b> Outdoors/Nature</p> <p><b>L.I. To identify the emotion of happiness and the positive impact of nature on regulation.</b></p> <ul style="list-style-type: none"> <li>Identify which zone happiness is in.</li> <li>Describe the feeling of happiness.</li> <li>Identify how your body and brain reacts to happiness.</li> <li>Explore the benefits of nature and how being outside can make you feel calm and regulated.</li> </ul>	<p><b>Week 5 - Jealousy</b> Stories</p> <p><b>L.I. To identify the emotion of jealousy and relate it to well know stories and characters.</b></p> <ul style="list-style-type: none"> <li>Identify which zone jealous is in.</li> <li>Describe the meaning of jealousy with examples.</li> <li>Identify when you have felt jealous and why.</li> <li>Identify stories with a theme of jealous and discuss the negative impact of jealousy.</li> </ul>	<p><b>Week 6 - Energy Switch</b> Physical movement</p> <p><b>LI: To be able to shift from high-energy emotions (excitement, anger) to a calm state, practicing self-regulation.</b></p> <ul style="list-style-type: none"> <li>Recall the four emotions covered already this term and the zone they are in.</li> <li>Discuss the explored coping strategies for each emotion.</li> <li>Practice how to switch between different emotions by using personalised tools.</li> </ul>
<p><b>Practical Activity</b></p> <ul style="list-style-type: none"> <li>Recap the Zones of Regulation and identify the emotions in each zone using the display boards in the classroom.</li> <li>Watch the video of Inside Out and name the emotions and correct zone.</li> <li>Act out an emotion choosing a random emotion card.</li> <li>encourage children to act out how they would personally react.</li> <li>Create individual emotion boards by cutting and sticking the action and supporting tools.</li> </ul>	<p><b>Practical Activity</b></p> <ul style="list-style-type: none"> <li>Start with a discussion about the emotion sadness and share things that make them sad.</li> <li>Share the slides discussing how your body reacts when feeling sad.</li> <li>Complete the activity identifying individual things that make you sad. Share these as a group.</li> <li>Play the silly mirror game - children to mirror each others facial expressions.</li> <li>Play try not to laugh. Discuss how laughing makes you feel.</li> <li>Share favourite games to introduce into the class this week when sad.</li> </ul>	<p><b>Practical Activity</b></p> <ul style="list-style-type: none"> <li>As a group discuss what anger is, what does it look like?</li> <li>Share things that make you angry, with examples.</li> <li>Look at how anger feels in your body, how does your body react.</li> <li>Complete the activity, identifying personal triggers.</li> <li>Complete the second part of the activity identifying how your individual body reacts to anger.</li> <li>Discuss different types of exercise and how it makes your body feel.</li> <li>Play the exercise game, completing different movement.</li> </ul>	<p><b>Practical Activity</b></p> <ul style="list-style-type: none"> <li>Identify which zone happiness is in and what happiness is to each person. Share examples.</li> <li>Discuss how our bodies feel and look when we are happy - identify the happy people in the pictures, explaining how you know.</li> <li>Write statements about what makes you happy and how you can spread happiness to others.</li> <li>Explore the outdoors, breathe in the fresh air and discuss how it feels in your body.</li> <li>Create a natural picture frame to hang your happiness statements.</li> </ul>	<p><b>Practical Activity</b></p> <ul style="list-style-type: none"> <li>Discuss where jealousy would go in the Zones of Regulation or identify a new colour.</li> <li>Share examples of jealousy, identifying why you believe it to be jealous.</li> <li>Share times when you have felt jealous and how that made you feel.</li> <li>Identify if jealousy has a positive or negative effect on your body.</li> <li>Share famous stories and traditional tales and discuss the theme of jealousy. Did they have positive endings? Why?</li> </ul>	<p><b>Practical Activity</b></p> <ul style="list-style-type: none"> <li>Warm up jumping jacks, running on the spot and high knees or a fun obstacle course.</li> <li>Alternate between high-energy activities (running in place, fast jumping) and calming activities (sitting still, slow breathing).</li> <li>Guide students in understanding the difference in their bodies between high energy and calm energy.</li> <li>Discuss which activities felt the most calming and which felt the most exciting. Discuss how and when they might use each type of activity to help with different emotions.</li> </ul>
<p><b>Key Questions</b></p> <ul style="list-style-type: none"> <li>Are all zones and feelings ok?</li> <li>How does your body feel for each emotion?</li> <li>Which is your favourite zone and why?</li> </ul>	<p><b>Key Questions</b></p> <ul style="list-style-type: none"> <li>Is feeling sad a bad thing?</li> <li>What do you do when you feel sad?</li> <li>How does your body feel when you are sad?</li> </ul>	<p><b>Key Questions</b></p> <ul style="list-style-type: none"> <li>How does anger make you feel?</li> <li>What can you do to stop yourself feeling angry?</li> <li>What type of exercise do you enjoy doing and why?</li> </ul>	<p><b>Key Questions</b></p> <ul style="list-style-type: none"> <li>What does happiness feel like to you?</li> <li>Do you like being outside in nature and why?</li> <li>How can you make others happy?</li> </ul>	<p><b>Key Questions</b></p> <ul style="list-style-type: none"> <li>Can you explain what jealousy means?</li> <li>Have you felt jealous before and why?</li> <li>What can you do if you feel jealous?</li> </ul>	<p><b>Key Questions</b></p> <ul style="list-style-type: none"> <li>How did your body feel during the high-energy activities compared to the calming ones?</li> <li>Which type of exercise do yo prefer and why?</li> </ul>
<p><b>Vocabulary</b></p> <p>Zones, regulated, dysregulated, feelings, emotions, coping skills, tools, personal, managing, understanding, expression, support.</p>	<p><b>Vocabulary</b></p> <p>Sadness, feelings, emotions, down, low mood, shy, upset, cry, play, joy, share, improved mood, feeling better, happy, laugh, fun.</p>	<p><b>Vocabulary</b></p> <p>Anger, fuming, infuriated, fed up, annoyed, tingly, raging, adrenaline, shaking, crying, exercise, movement, regulate, fun, calm.</p>	<p><b>Vocabulary</b></p> <p>Happiness, calm, chilled, excited, fun, friendly, relaxed, regulated, ready to learn, nature, fresh air, breathing, meditation.</p>	<p><b>Vocabulary</b></p> <p>Jealous, green eyed monster, unfair, unjust, left out, unkind, hurtful, mean, angry, envy, isolating, resentment.</p>	<p><b>Vocabulary</b></p> <p>High energy, calm energy, emotions, activities, calming, exciting, exercise, adrenaline, energy, positive, regulated, strategies.</p>