ZONES OF REGULATION

RED ZONE



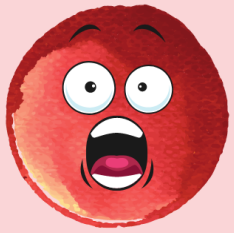
SCARED



ANGRY



ELATED



YELLING

YELLOW ZONE



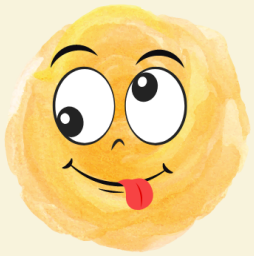
EXCITED



FRUSTRATED



WORRIED



SILLY

BLUE ZONE



SICK



SLEEPY



BORED



SAD

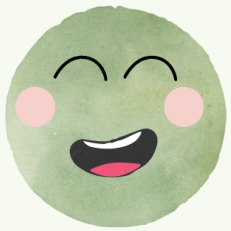
GREEN ZONE



FOCUSED



CALM



HAPPY



PROUD

EMOTIONS WORD SEARCH

Words can go down, across and diagonally, but not backwards

s	e	a	y	m	t	a	h	s	m
h	s	f	n	b	r	i	n	a	a
o	x	c	j	g	l	c	h	d	d
c	e	h	a	p	r	z	a	k	n
k	x	b	m	r	w	y	p	s	e
e	c	v	s	o	e	j	p	o	r
d	i	u	k	u	s	d	y	f	v
s	t	c	o	d	g	h	p	q	o
j	e	l	o	u	s	n	y	i	u
d	d	w	o	r	r	i	e	d	s

sad happy excited jealous shy nervous

mad scared worried proud angry shocked

Circle or color the squares in when you find the word

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EMOTIONS WORD SEARCH

Words can go down, across and diagonally, but not backwards

b a h u a u d j q t
o n a s i l l y o g
r n m o b c o o l y
e o a c s i s l e n
d y z w u a t j r b
p e e i a m v t d h
i d d u o e a y e u
b c o n f u s e d r
i n s p i r e d k t
a n x i o u s c o m

amazed anxious bitter bored silly inspired
annoyed confused cool joy lost hurt

Circle or color the squares in when you find the word

@counsellorcronan

EMOTIONS WORD SEARCH

Words can go down, across and diagonally, but not backwards

r	c	f	a	u	e	t	h	l	g
e	f	r	o	n	c	e	b	o	r
l	c	e	u	o	p	n	l	n	a
i	r	g	a	s	l	s	c	e	t
e	a	r	g	r	h	e	i	l	e
v	n	i	a	e	f	e	d	y	f
e	k	e	d	i	a	u	d	i	u
d	y	f	o	u	b	m	l	o	l
t	n	p	k	f	z	h	j	s	t
p	e	a	c	e	f	u	l	u	b

peaceful fearful lonely relieved grateful

crushed fooled grief tense glad cranky

Circle or color the squares in when you find the word

EMOTIONS WORD SEARCH

Words can go down, across and diagonally, but not backwards

d	d	i	s	k	w	m	k	t	r
h	e	a	g	e	r	b	l	u	e
o	f	l	f	g	h	i	u	m	l
p	e	o	i	u	f	o	b	r	i
e	n	v	g	h	r	u	g	l	e
f	s	i	d	w	h	i	e	k	v
u	i	n	l	b	r	t	o	h	e
l	v	g	j	k	e	s	e	u	d
k	e	h	w	i	h	w	f	d	s
w	o	r	t	h	l	e	s	s	w

worthless relieved eager delighted furious

blue defensive hopeful loving

Circle or color the squares in when you find the word

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SELF REGULATION

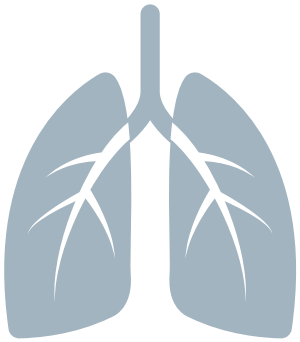
In this activity, you can ready out the scenario examples and think about what zone they might be in.
You can color the example in the appropriate zone color.

You have just found out that your dog has passed away.	You hurt your leg whilst playing at lunch time.
You have been given the lead role in a play that you will perform in front of the whole school.	You are playing in a grand final on the weekend.
Your friend invites you over to a play date after school.	Your friends are leaving you out in their game.
The teacher has given you a lot of homework and it needs it finished by the next day.	Your little brother has ruined your project that you had been working on.
Your mum surprised you with your favorite dessert.	Your best friend has something that you really want but can't get.
You got an A on a test that you had been working really hard for.	You are starting at a new school and you don't know anybody.

SELF REGULATION

CALMING STRATEGIES

There are many things that you can do to help yourself feel better. Cut out some coping skills that can hep you and place them on the appropriate zone coping skills page.



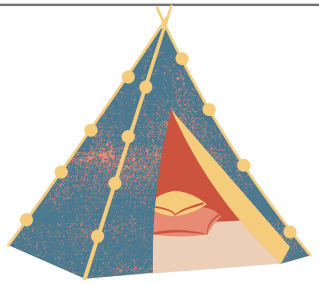
SLOW BREATHING



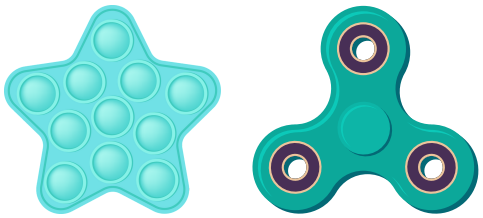
LISTEN TO MUSIC



GO FOR A RUN



GO TO A SAFE PLACE



PLAY WITH A FIDGET TOY



SQUEEZE AND RELEASE



DO MINDFULNESS



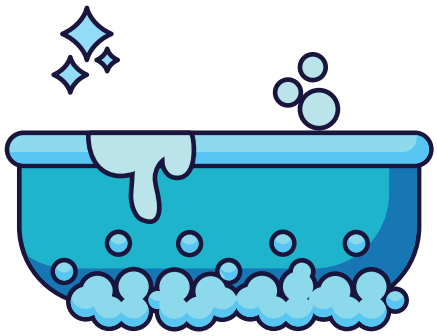
PLAY A GAME



PLAY WITH FRIENDS



WATCH A MOVIE



HAVE A BATH



WRITE ABOUT YOUR FEELINGS



COLOR IN



GO TO THE PARK

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ASK FOR A HUG



HUG YOUR TEDDY

CALL A FRIEND



DO SOMETHING NICE FOR SOMEONE



EAT A HEALTHY SNACK



DO SOME COOKING



GO ON AN ADVENTURE



PLAY ON THE TRAMPOLINE



READ A BOOK

I believe in me
I can do this

WRITE SOME AFFIRMATIONS



SLOW BREATHING



DO SOME STRETCHING



TALK ABOUT YOUR FEELINGS



CLEAN YOUR ROOM



PICK SOME FLOWERS



BUILD A SAND CASTLE

SELF REGULATION

CALMING STRATEGIES

When I am in the Blue Zone, these coping strategies will help me.

SELF REGULATION

CALMING STRATEGIES

When I am in the Yellow Zone, these coping strategies will help me.

SELF REGULATION

CALMING STRATEGIES

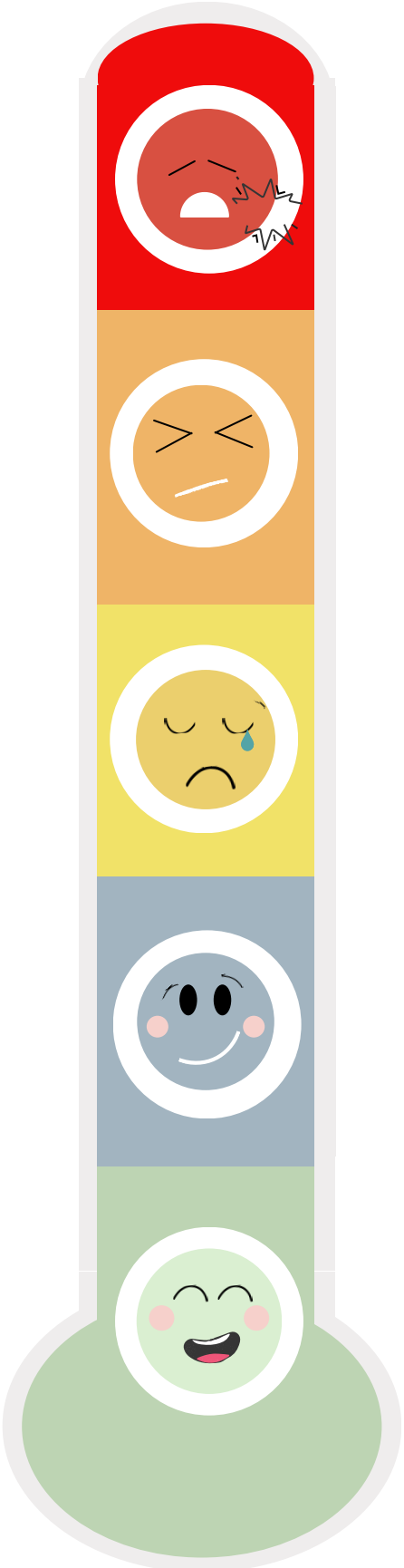
When I am in the Green Zone, these coping strategies will help me.

SELF REGULATION

CALMING STRATEGIES

When I am in the Red Zone, these coping strategies will help me.

HOW ARE YOU FEELING?



ANGRY

"I feel angry, furious and mad"

FRUSTRATED

"I'm starting to get overwhelmed and stressed"

WORRIED

"Something is bothering me, I feel nervous and scared"

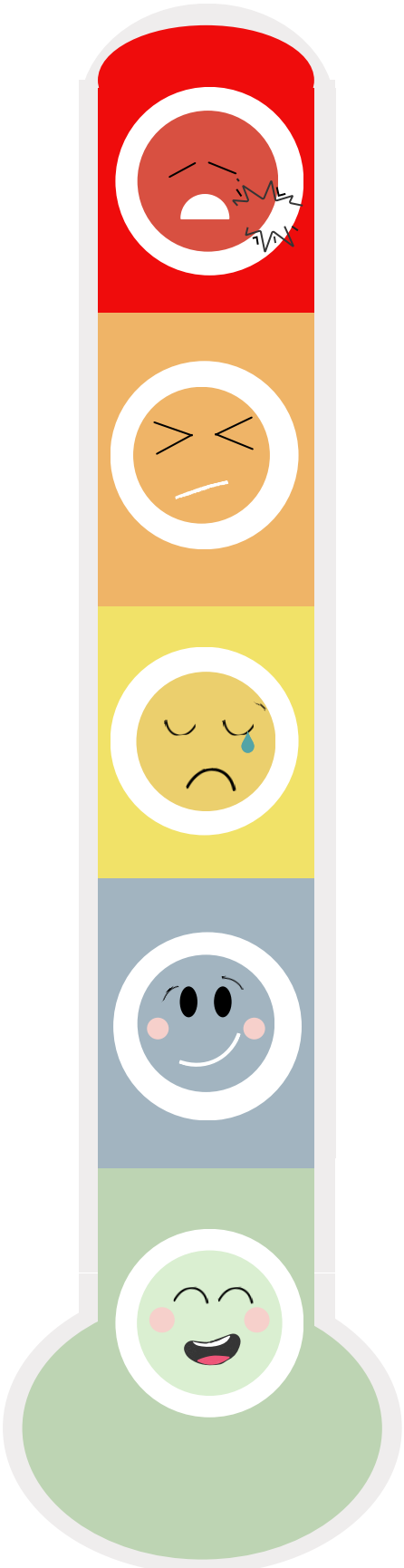
SAD

"I'm feeling a little blue, I feel down and upset"

HAPPY

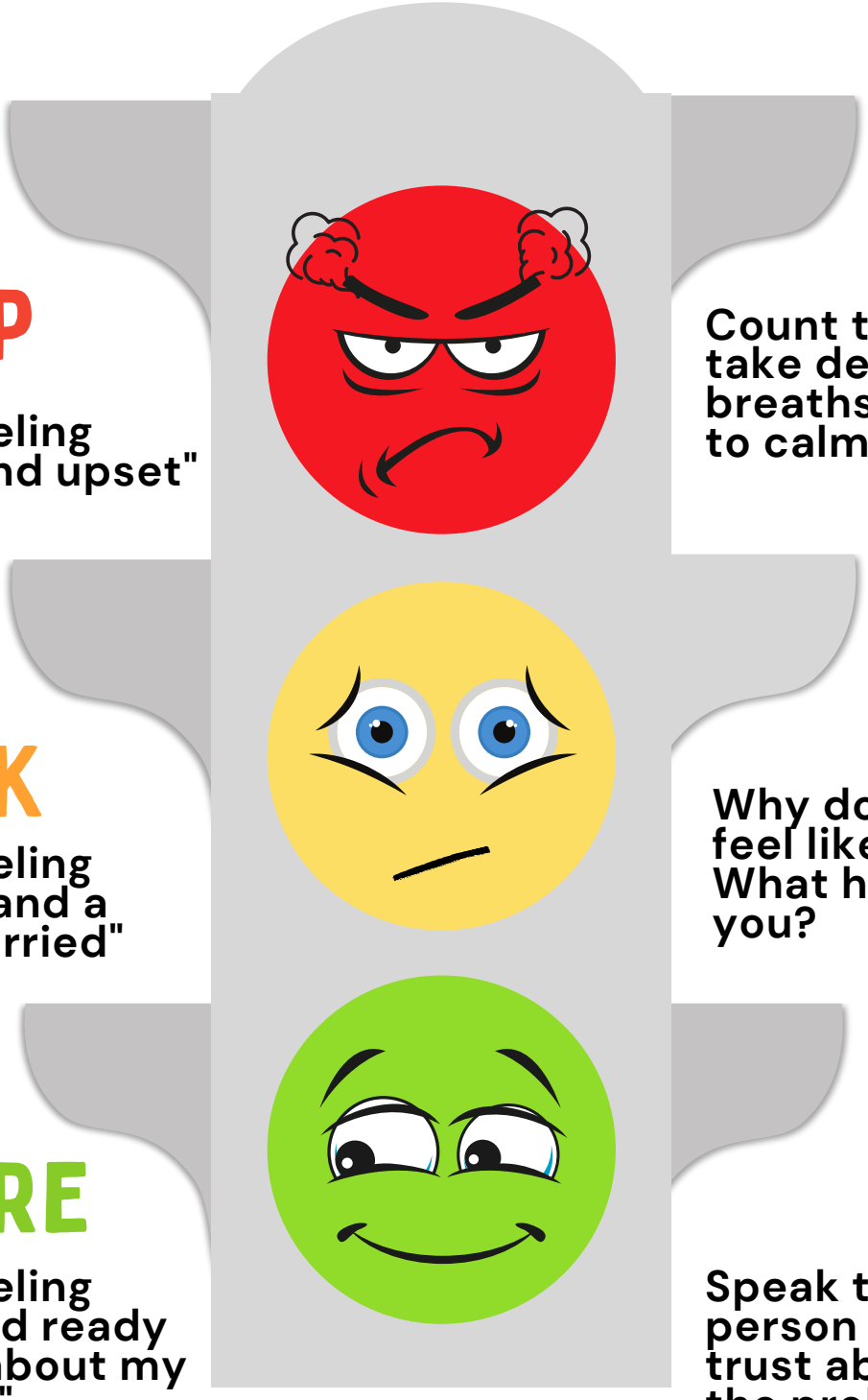
"I'm feeling relaxed, happy and calm"

HOW ARE YOU FEELING?



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HOW ARE YOU FEELING?



STOP

"I am feeling angry and upset"

Count to 10, take deep breaths and try to calm down.

THINK

"I am feeling unsure and a little worried"

Why do you feel like this? What has upset you?

SHARE

"I am feeling good and ready to talk about my feelings"

Speak to a person you trust about the problem

MATCH THE FEELING WORDS WITH THE FACE

DRAW A LINE FROM THE WORD TO THE FACE

HAPPY

CONFUSED

FRUSTRATED

WORRIED

PROUD

ANGRY

SAD









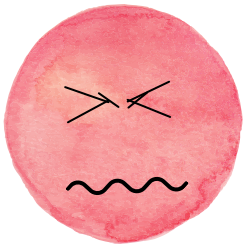






FEELINGS VOCABULARY

CAN YOU THINK OF ANY OTHER WORDS FOR THESE FEELINGS. FOR EXAMPLE UNDER HAPPY MIGHT BE JOYFUL, OR UNDER ANGRY MIGHT BE MAD. SEE HOW MANY YOU CAN THINK OF.



Angry



Sadness



Happy



Peaceful

LIST OF EMOTIONS

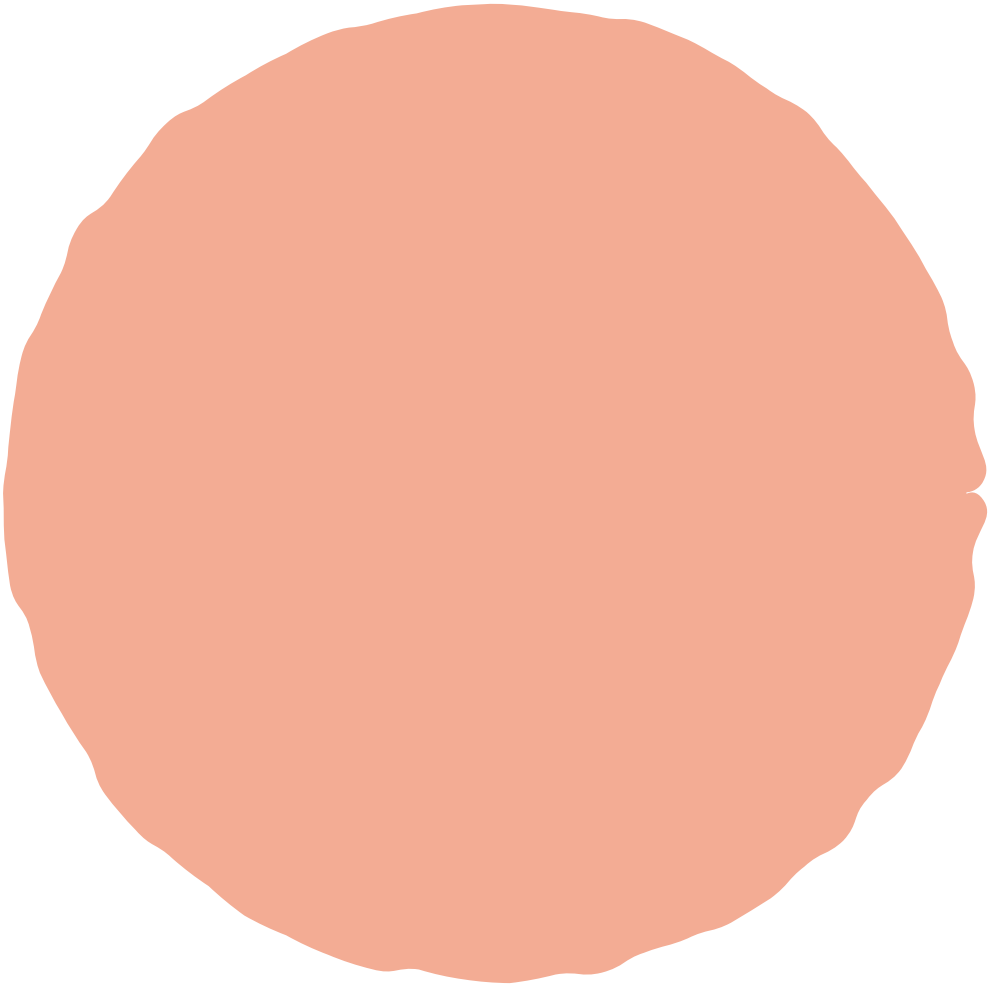


Ambitious	Hurt	Shocked	Grateful
Amazed	Inadequate	Silly	Agitated
Angry	Insecure	Stupid	Fed up
Annoyed	Inspired	Suspicious	Mad
Anxious	Irritated	Tense	Outraged
Ashamed	Jealous	Stressed	Focused
Bitter	Joy	Terrified	Alarmed
Bored	Lonely	Trapped	Fearful
Comfortable	Lost	Uncomfortable	Offended
Confused	Loving	Worried	Cool
Content	Miserable	Worthless	Ecstatic
Determined	Motivated	Uncertain	Surprised
Disgusted	Nervous	Upset	Horrified
Eager	Overwhelmed	Doubtful	Raging
Embarrassed	Peaceful	Hesitant	Delighted
Energetic	Proud	Desperate	Refreshed
Envious	relieved	Crushed	Defensive
Excited	resentful	Hateful	Proud
Foolish	Sad	Empowered	Enraged
Frustrated	Satisfied	Confident	Bitter
Furious	Scared	Delighted	Grouchy
Grieving	Self-conscious	Glad	Fuming
Hopeful		Pleased	Cranky

FEELINGS FACES

CHOOSE A FEELING FROM BELOW AND WRITE IT IN THE BOX.TRY AND DRAW WHAT THE FACE WOULD LOOK LIKE IN THE CIRCLE.

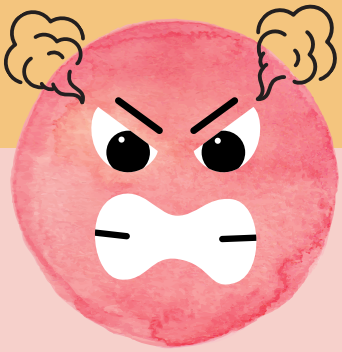
TRY AND GIVE IT A GO WITH ALL THE FEELINGS.



SAD ANGRY PROUD WORRIED

FRUSTRATED CONFUSED HAPPY

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ANGRY



My angry face looks like this

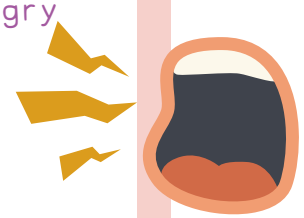
Other words for angry are..

1.
2.
3.



Things that make me angry are

Things I do when I am angry are..



Things that help calm me down when I am angry are..





SAD



My Sad face looKs liKe this

Other words for sad are..

1.
2.
3.



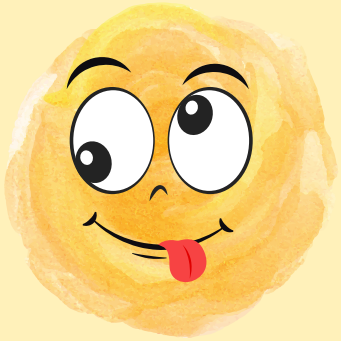
Things that maKe me feel sad are



When I feel sad I can feel different sensations in my body such as..



Things I can do to feel less sad



SILLY

My Silly face looKs liKe this

Other words for silly are..

1.
2.
3.



Things that maKe me act silly are

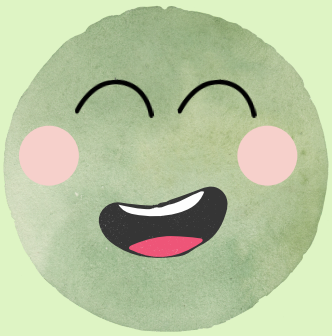


People I often feel silly with are

My favorite silly memory is (write or draw)



HAPPY



My happy face looks like this

Other words for happy are..

1.
2.
3.



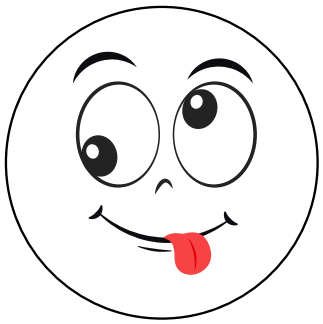
Things that make me happy are

The people that make me happy are

My happy place looks like...



SELF REGULATION



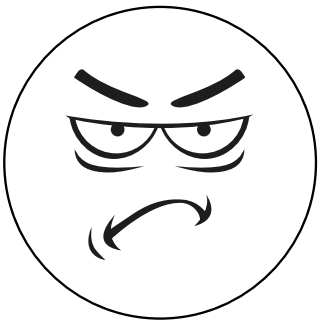
SILLY



WORRIED



EXCITED



FRUSTRATED



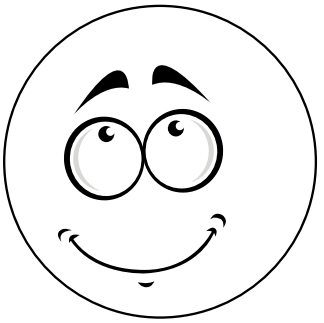
SCARED



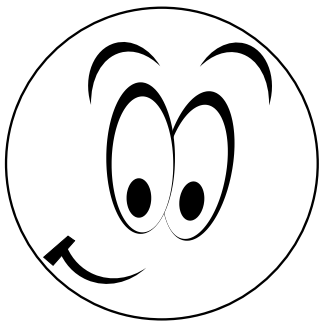
ANGRY



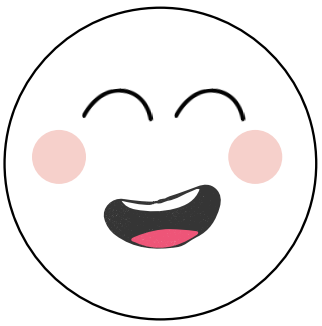
YELLING



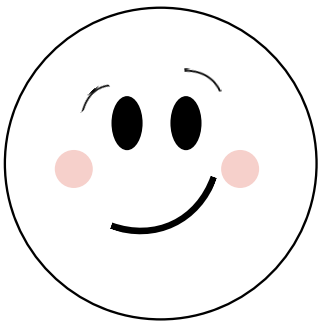
ELATED



HAPPY



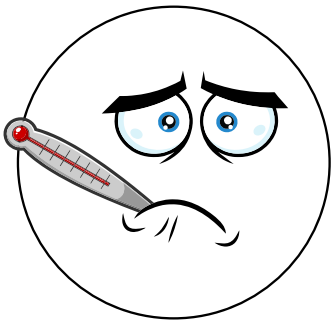
PROUD



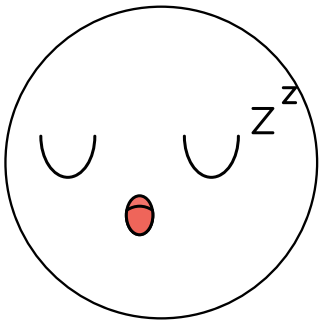
FOCUSED



CALM



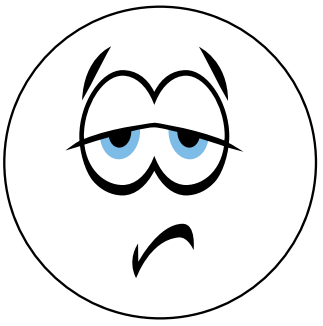
SICK



SLEEPY

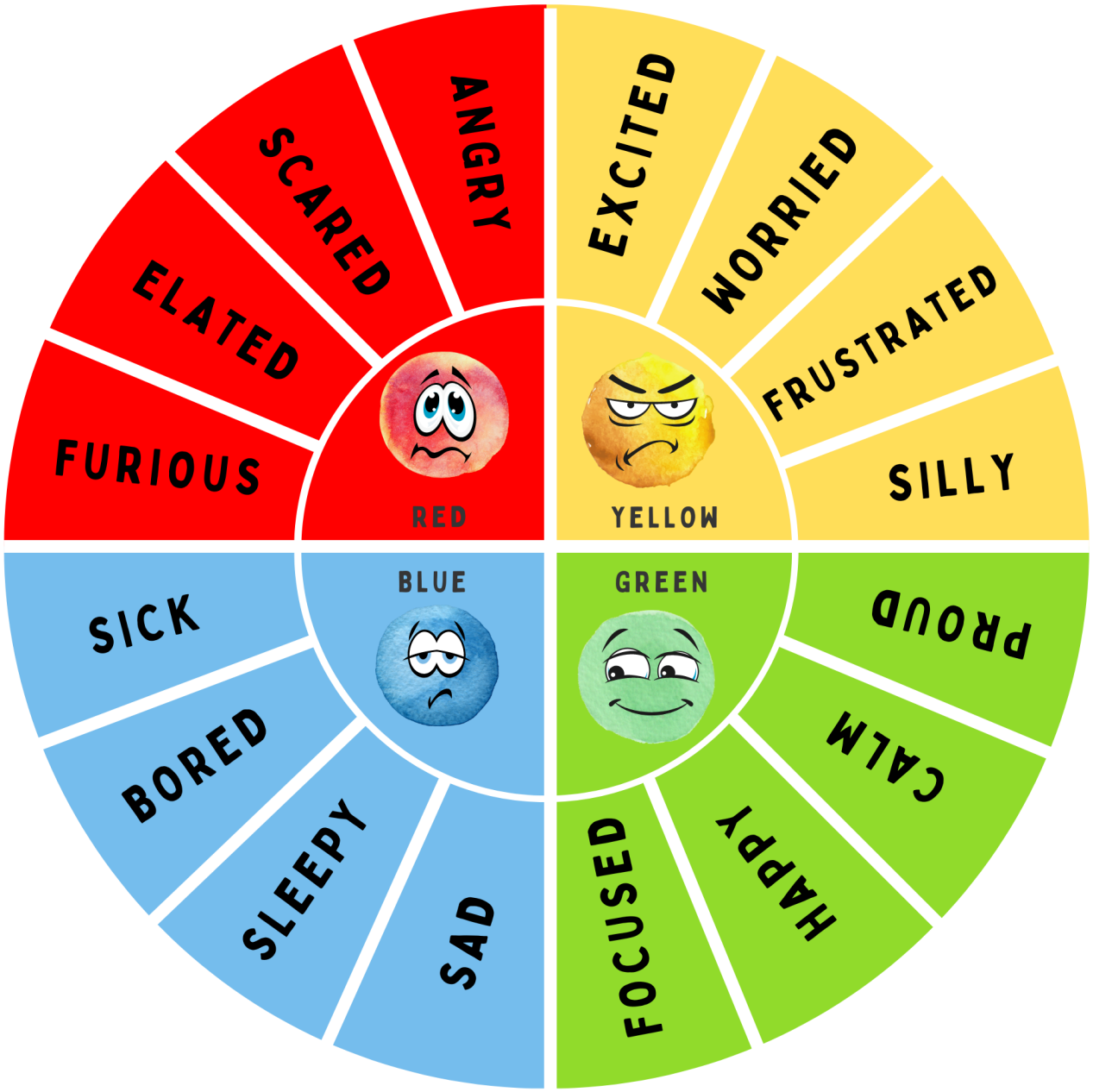


SAD



BORED

SELF REGULATION



REST GO SLOW STOP

COUNSELLOR
· CRONAN ·