

Subtopic 3: Connecting Zones of Regulation & benefits of how we spend our time:

Student Goal:

Begin to recognize how different activities affect their emotions and energy levels, and how they can make choices in their free time that support feeling calm, happy, focused, or energized in healthy ways.

Materials:

[Check out Zones of Regulation](#)

Time Frame:

15-30 minutes per session depending on age group.

Example Conversation Starter:

"Have you ever noticed how different activities make you feel different inside? Some help you feel calm, some give you energy, and some might even make you feel frustrated or out of control. Let's think about how the things we do—especially in our free time—can help us feel better or change how we're feeling."

- **This Activity can be:**
 - **Integrated into impromptu Choice Time when noticing a class needs a change of activity or help focusing.**
 - **Adapted for before or after recess, choice time or specials.**

Introduce Zones of Regulation: How it Works | The Zones of Regulation

Discussion Questions:

- **What zone do you feel like you are in right now?**
(Are you feeling calm, tired, silly, frustrated, or something else?)

- **What zones do we want to be in most of the time?**
(Green – calm, ready to learn; Blue – relaxed or resting?)
- **What zones do we want to avoid most of the time?**
(Red – angry or out of control? Yellow – too silly or distracted?)
- **What does the red zone feel like for you?**
(Do you ever feel so mad or overwhelmed that your body feels hot or loud inside? What helps you calm down?)
- **Is the red zone always bad, or is it a sign we need something?**
(Could it be a sign you need a break, or that you care a lot about something?)
- **How do you feel when you move from one zone to another?**
(What helps you go from red to yellow, or yellow to green? What does that feel like in your body?)
- **What do you do in your free time that helps you feel calm, focused, or happy?**
(Do you play outside, read, build something, talk to someone? How does that make you feel inside?)
- **Can you choose an activity to help you change your zone if you want to?**
(If you're in the blue zone and feeling low, what could you do to get energy? If you're in the red zone, what could help you feel calm?)
- **What are some physical, mental, or social benefits of how you spend your free time?**
(Does playing outside help your body? Does talking to a friend help your heart or brain?)
- **What zone do you want to be in right now? Do you want to stay where you are or change? How might you get there?**
(What's one thing you could do—like taking deep breaths, going for a walk, drawing, or talking to someone—to help you feel the way you want to feel?)