



Bates Drive School

Take Home Work Book
Zones of Regulation

Bates Drive School – Scope and Sequence 2020

	Term 1 High School
English	Speaking Listening Writing Reading Communication
Mathematics	Number/ Time
Geography/History	History: The ANZACs
Creative Arts 7-10	Music Dance
Creative Arts 11-12	Music Dance
PDHPE	Sports Ready Swimming Zones of Regulation Positive Behaviour for Learning (PBL) (see scope and sequence on next page)

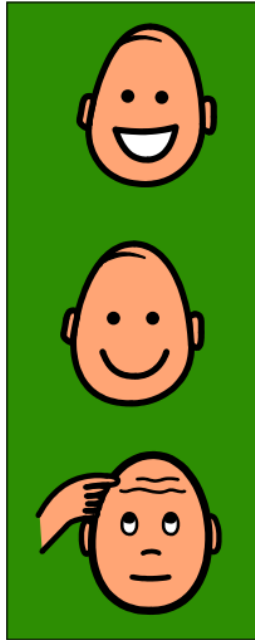
	Term 1 Primary
English	Speaking Listening Writing Reading Communication
Mathematics	Number/ Shape
Geography/ History	History: Present and past family life
Creative Arts	Music Dance
Personal Development, Health and Physical Education	Sports Ready Swimming Zones of Regulation Positive Behaviour for Learning (PBL) (see scope and sequence on next page)

The Zones of Regulation



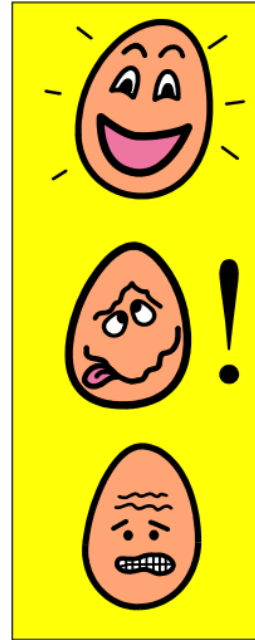
Blue Zone

sad tired
sick moving
tired slowly



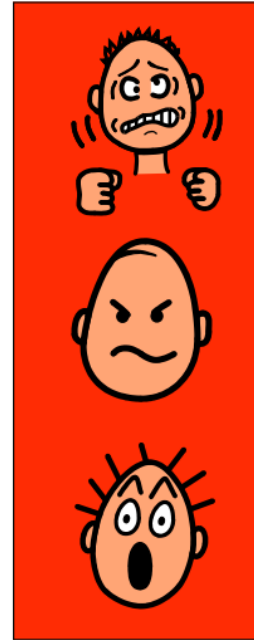
Green Zone

happy
calm
feeling ok
focused
ready to learn



Yellow Zone

frustrated
worried
silly/wiggly
excited
loss of some control



Red Zone

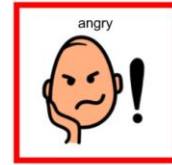
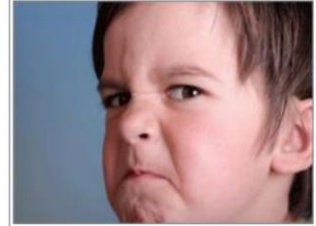
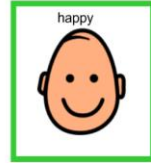
mad/angry
terrified
yelling/hitting
elated
out of control

THE ZONES OF REGULATION™

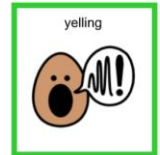
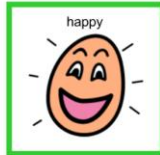
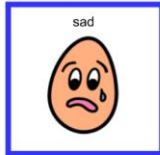
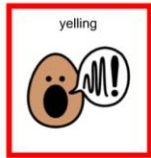


Child Photo

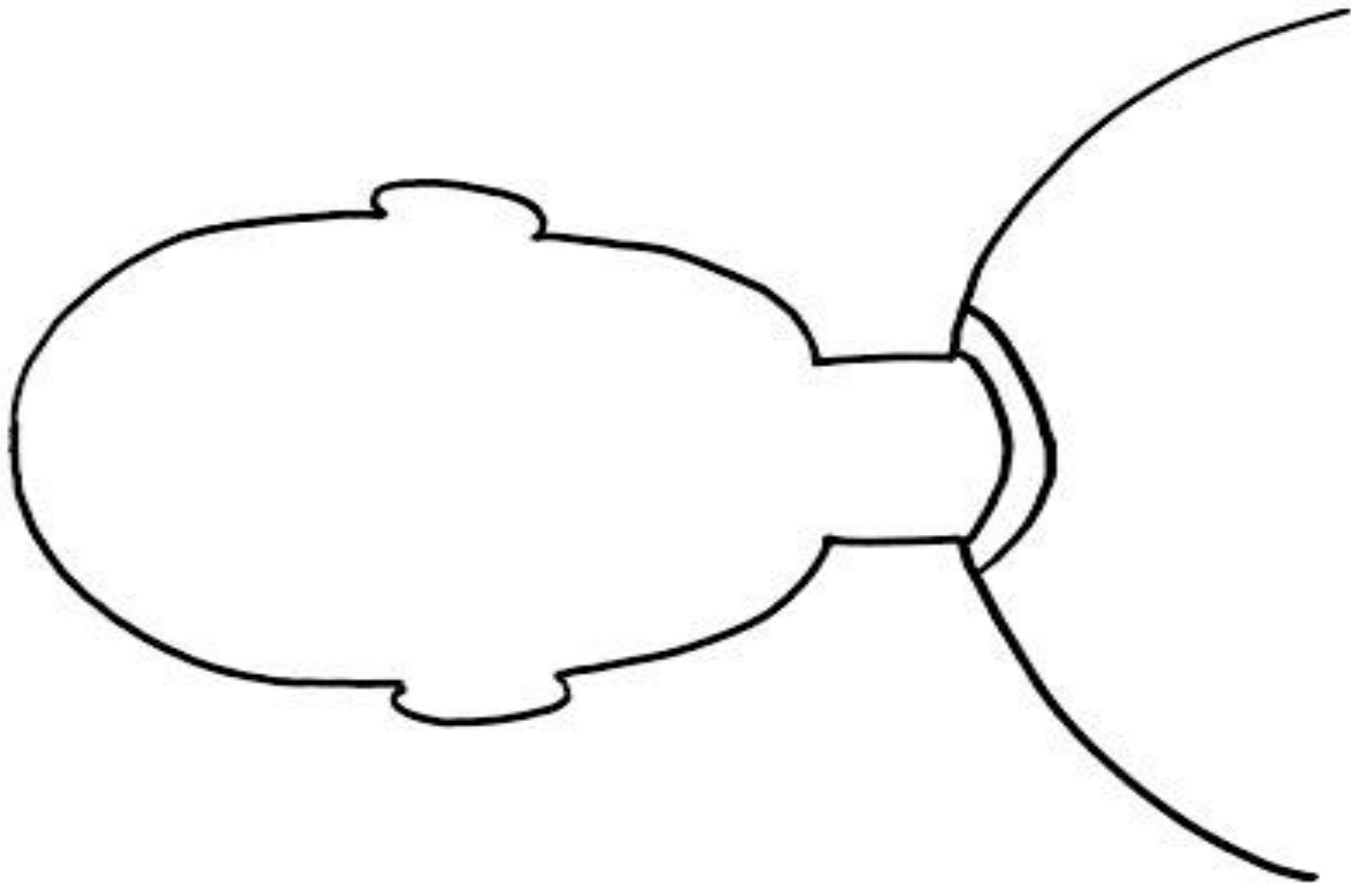
Circle the correct emotion that corresponds to the picture.



Circle the correct emotion that corresponds to the picture.

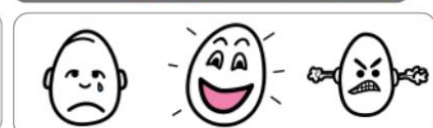
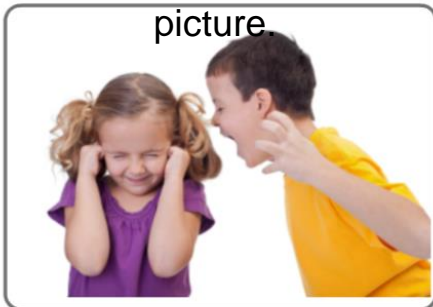


Draw how you're feeling
today.

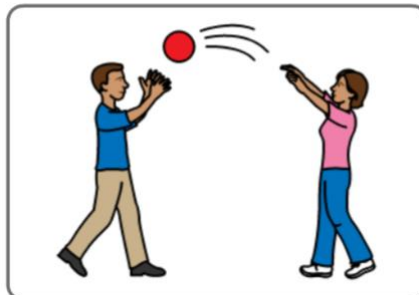


Circle the correct emotion that corresponds to the

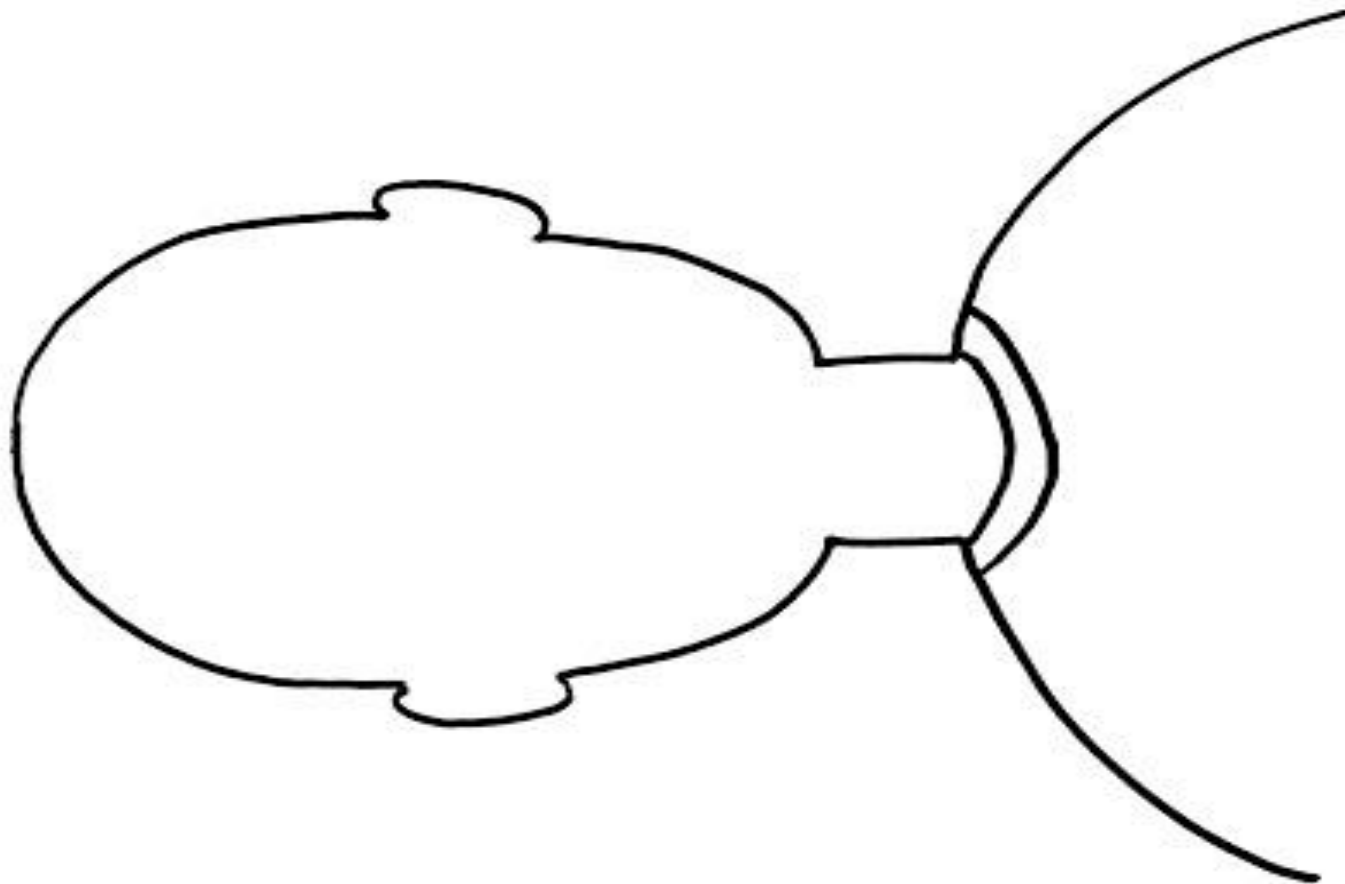
picture



Circle the correct emotion that corresponds to the picture.



Draw how you're feeling
today.



How Do You Feel?

Draw a face for each emotion.



I'm sad.



I'm angry.



I'm unwell.



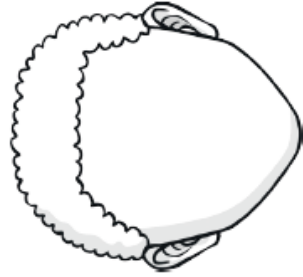
I'm afraid.



I'm happy.



I'm excited.



I'm tired.



I'm sleepy.

Match the letters or words.

happy



happy

sad



sad

angry



a	n	g	r	y
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sick



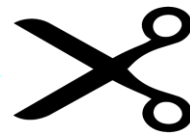
s	i	c	k
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h	a	p	p	y
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a	n	g	r	y
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s	a	d
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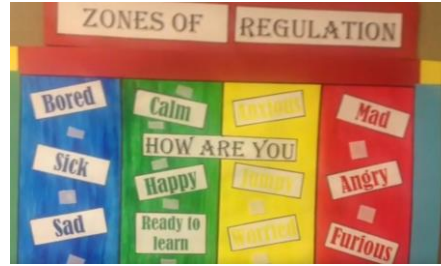
s	i	c	k
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Calm and Sensible Videos on YouTube



Belly Breathe – Sesame Street



Bates Drive School – Calm and Sensible



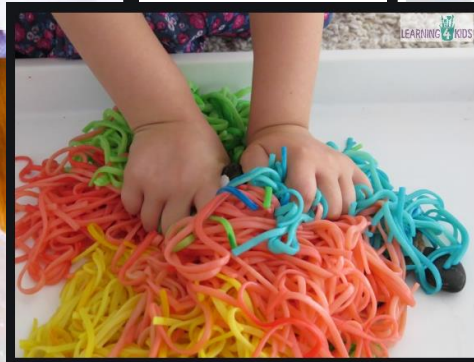
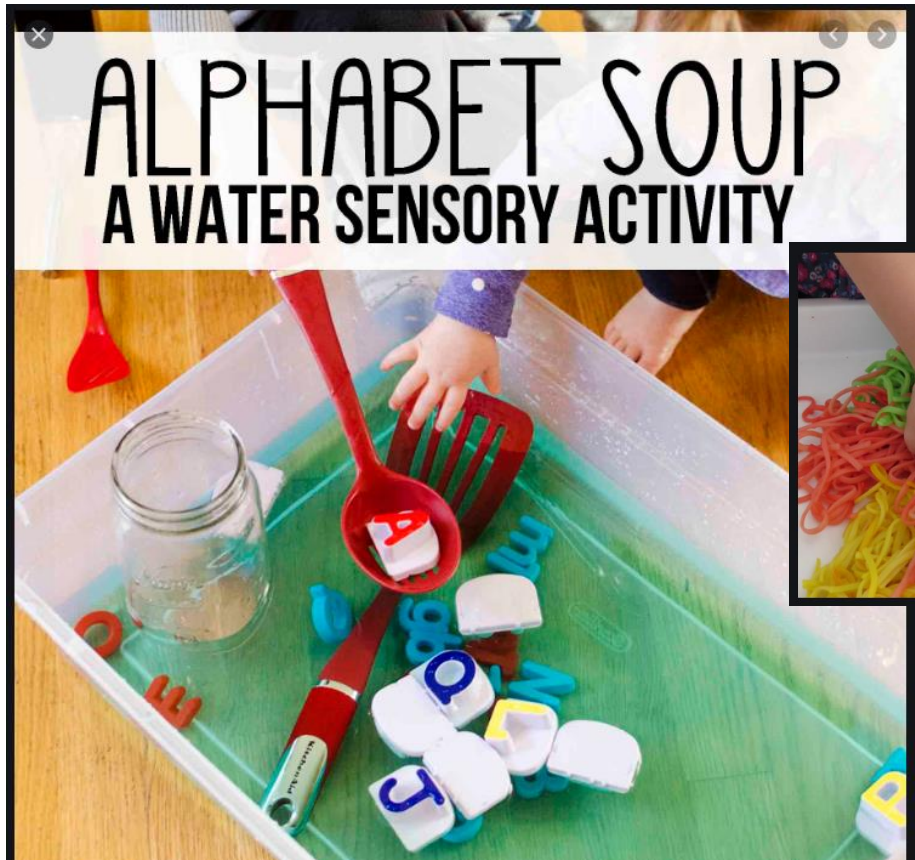
Be the Pond – Cosmic Kids Den



Meditation for Children (Calming activity)



Simple Sensory Art and Craft Ideas



Easter craft ideas

