

**Katy and Louis are students at applefields
School, just like you!**



**They do lots of different activities at
applefields.**

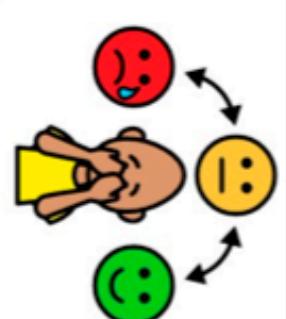
What activities might Katy and Louis do at school?

Examples:

PE



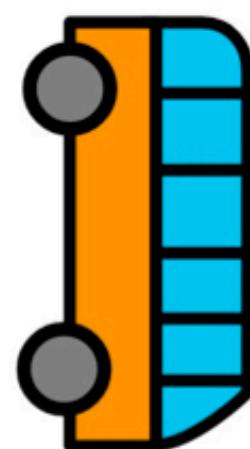
Zones of
Regulation



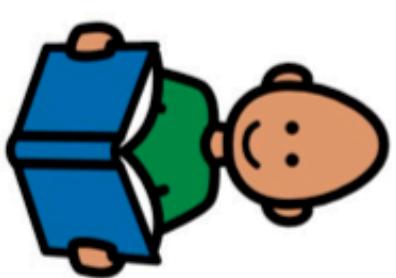
Friends



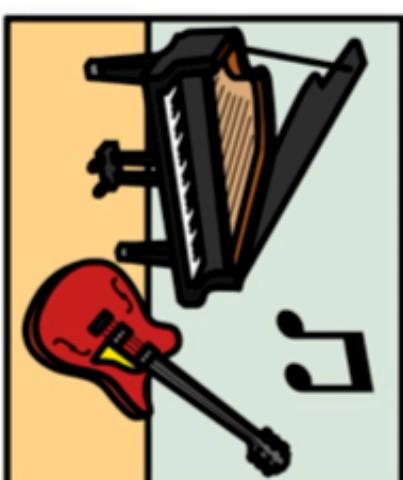
Taxi



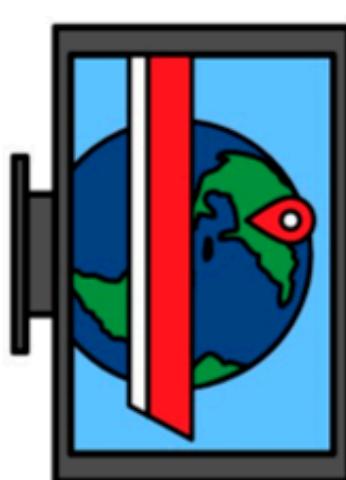
Reading



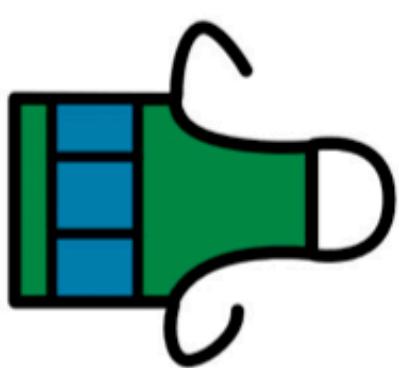
Music



Newsround



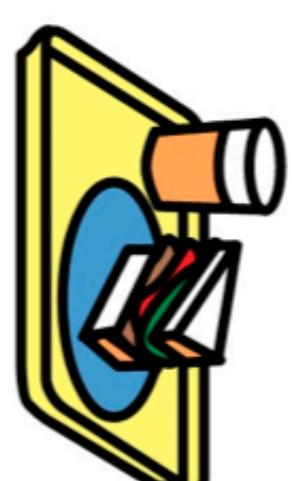
Cafe



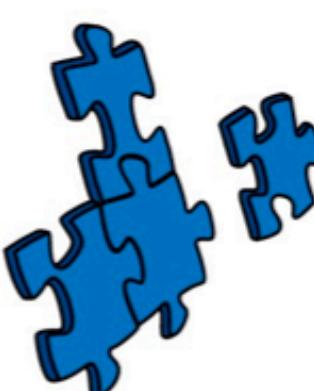
Arts and Crafts



Lunch



Jigsaw



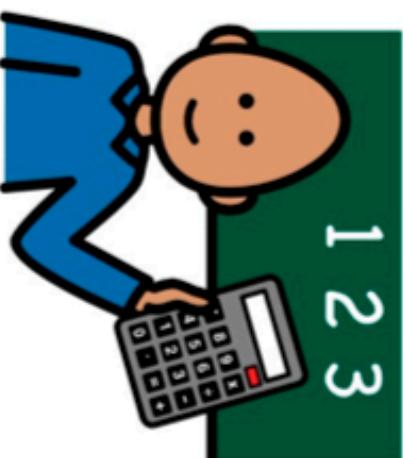
Writing



Baking



Math

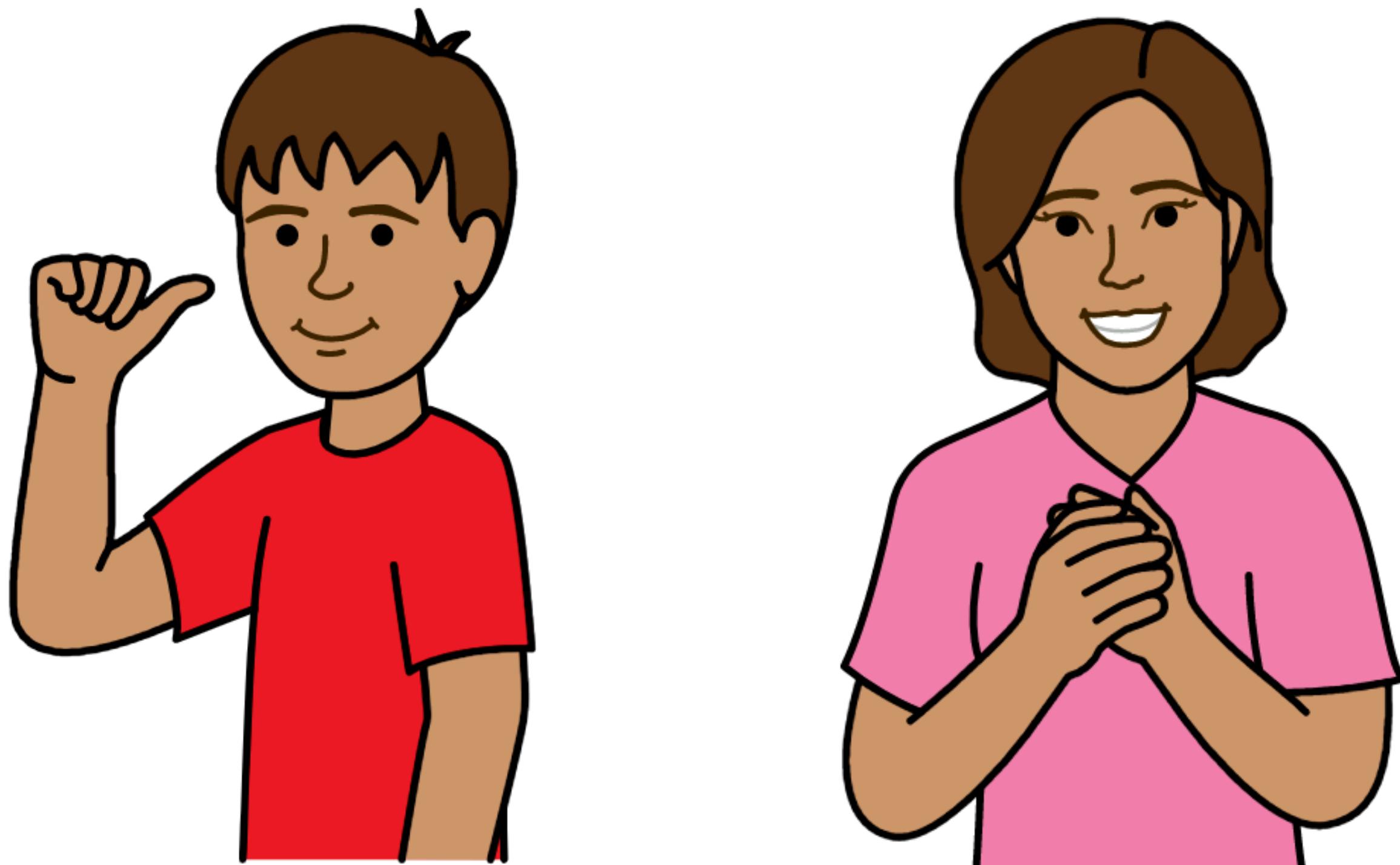


Choosing Time

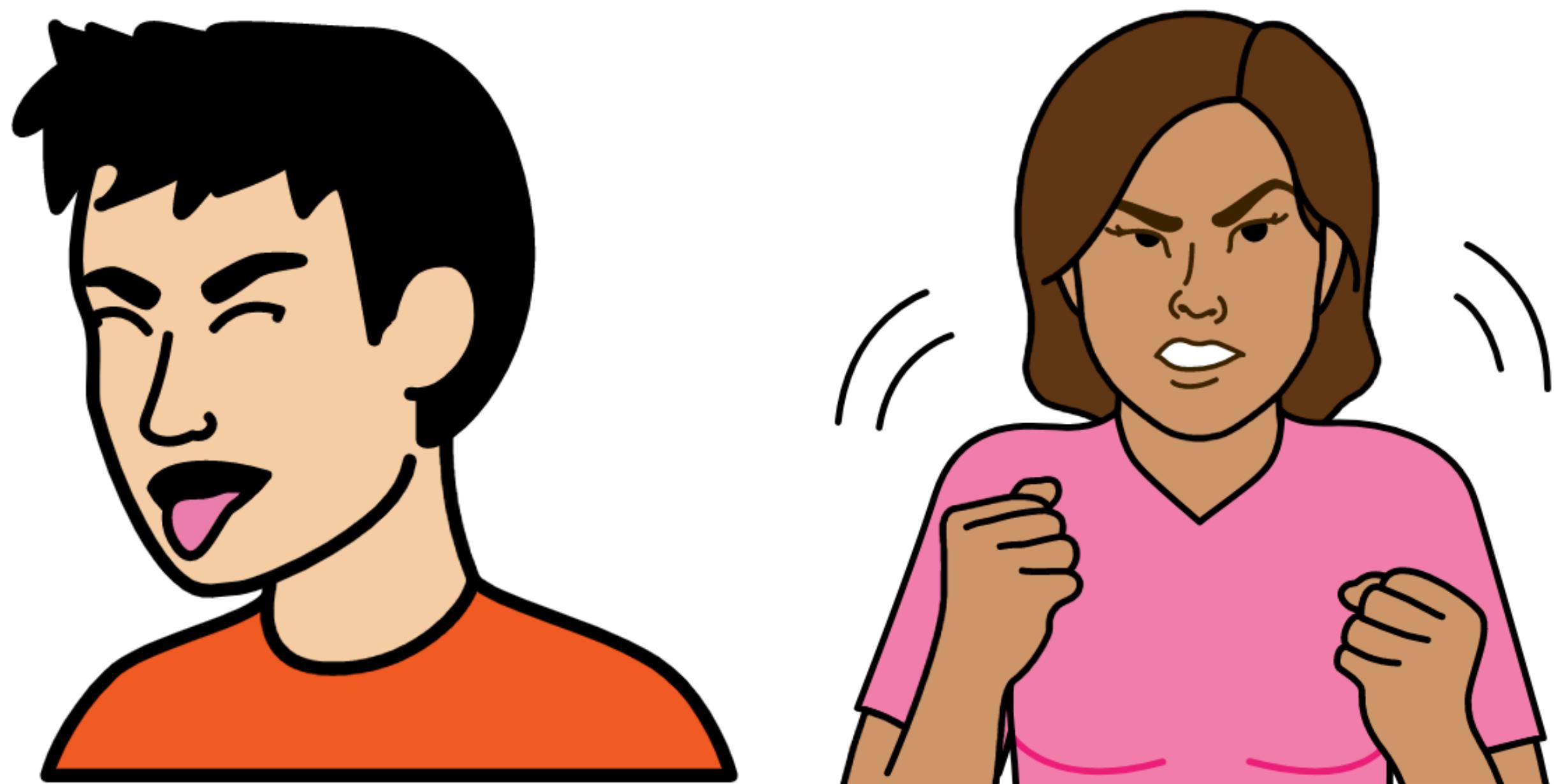


Recycling

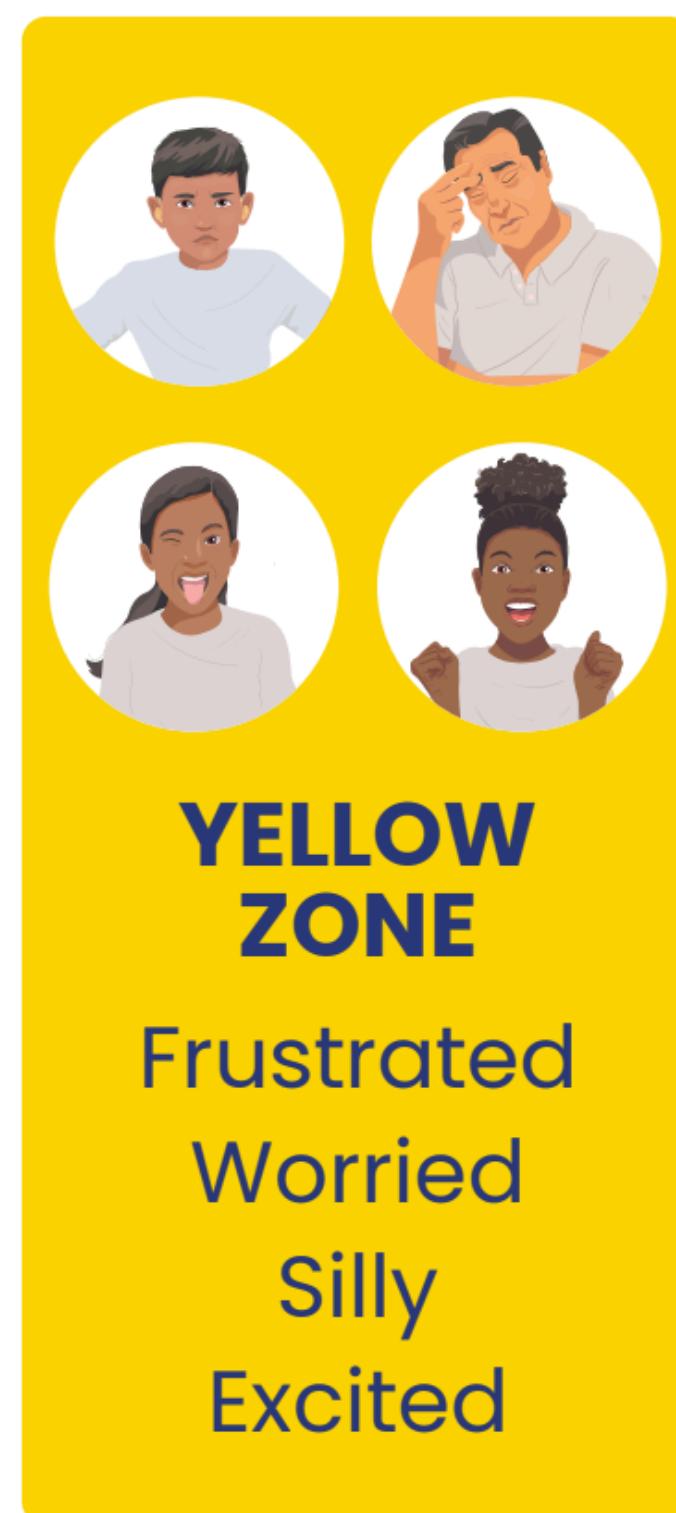
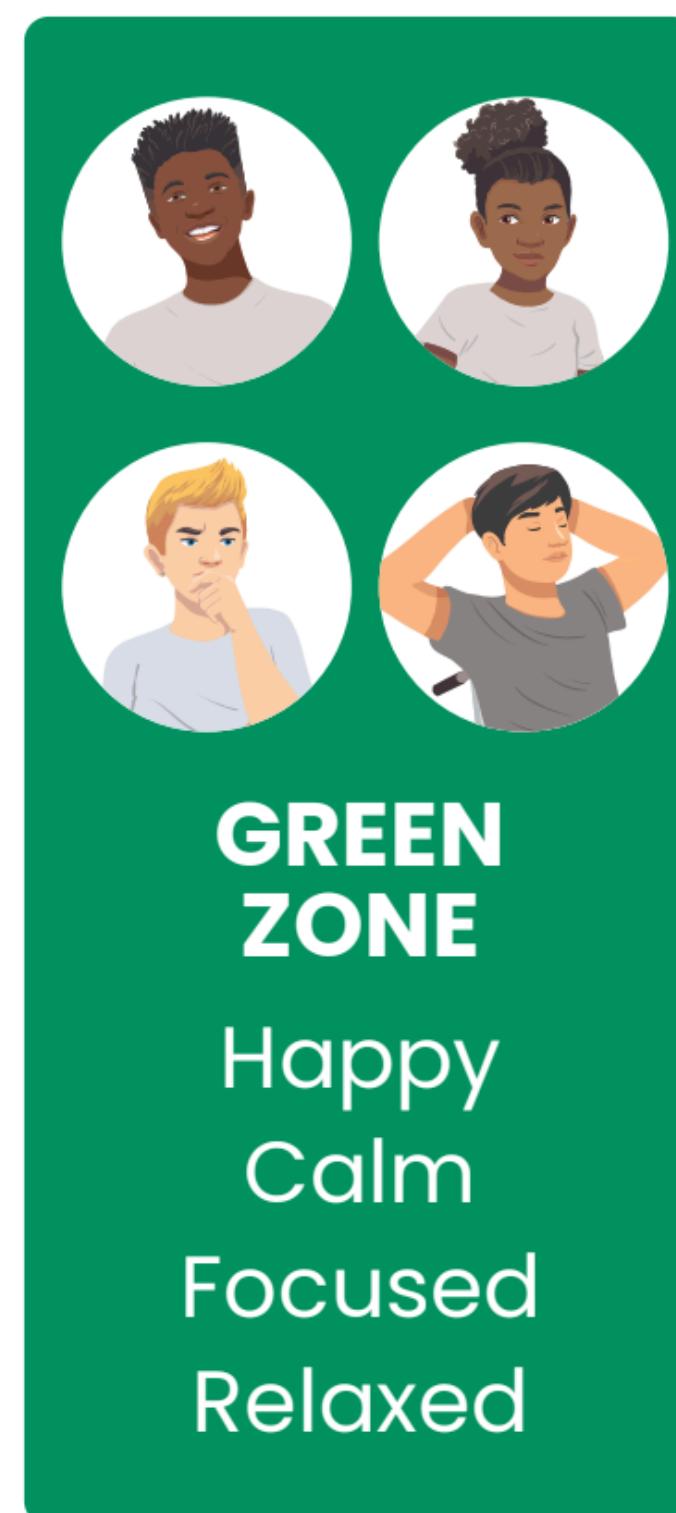
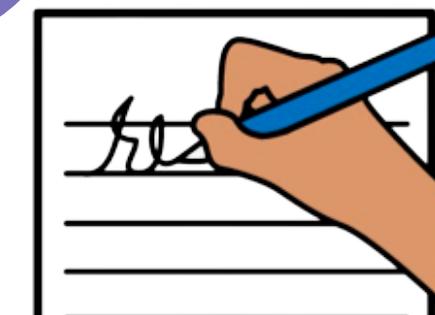
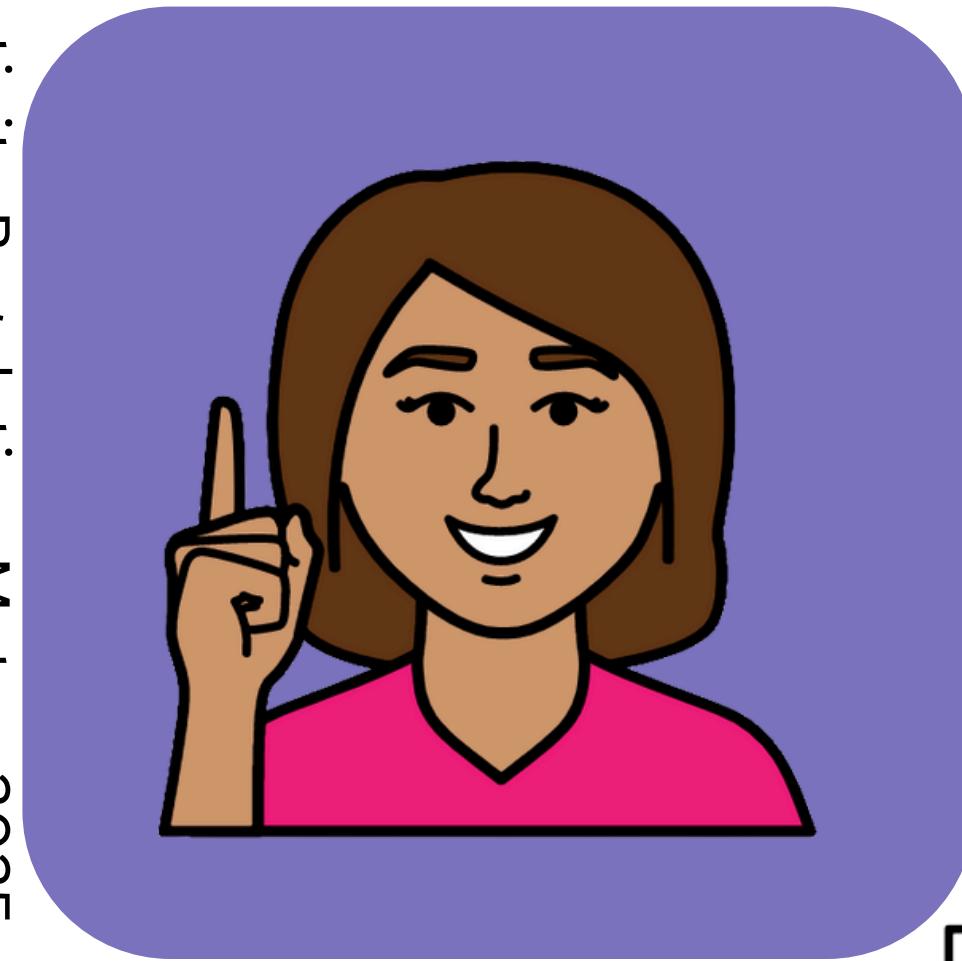




Katy and Louis' teachers want to know what they like to do at school.



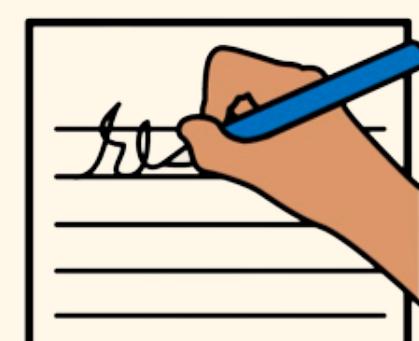
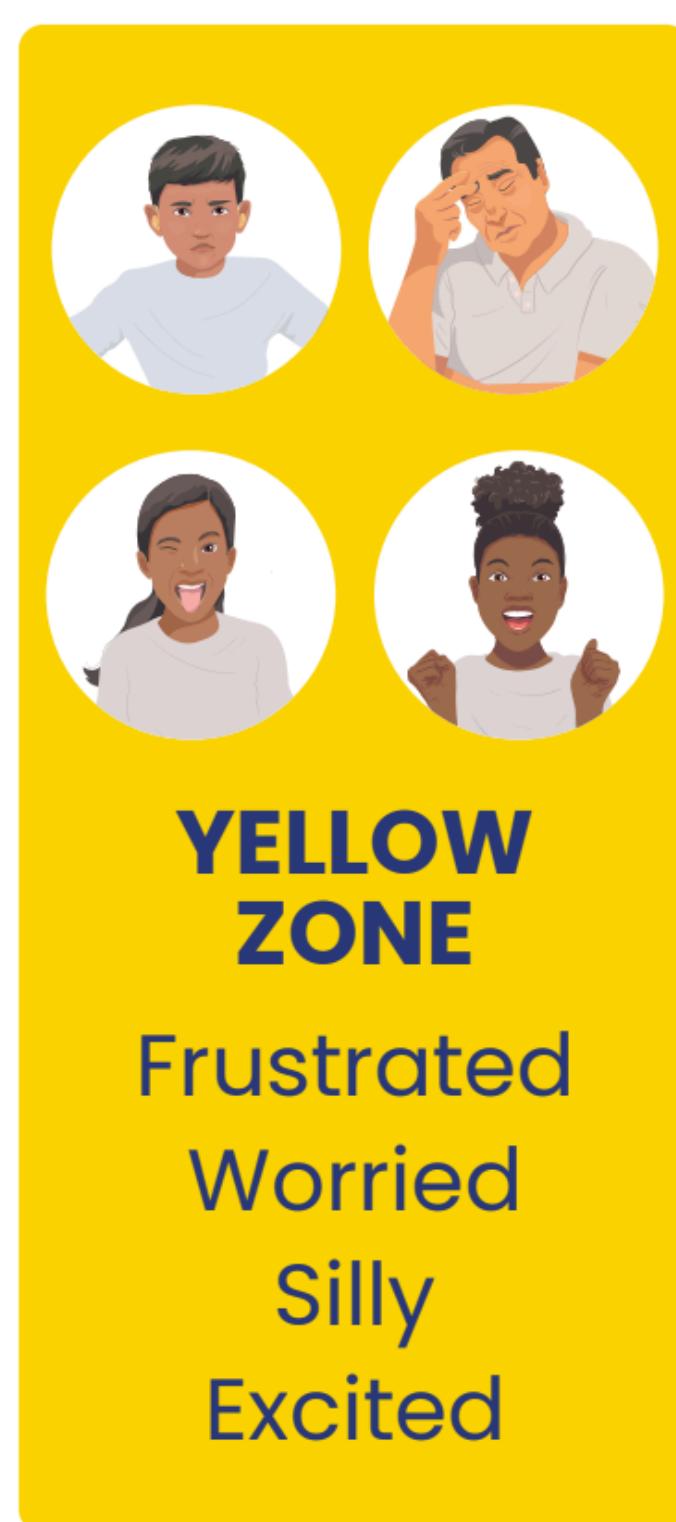
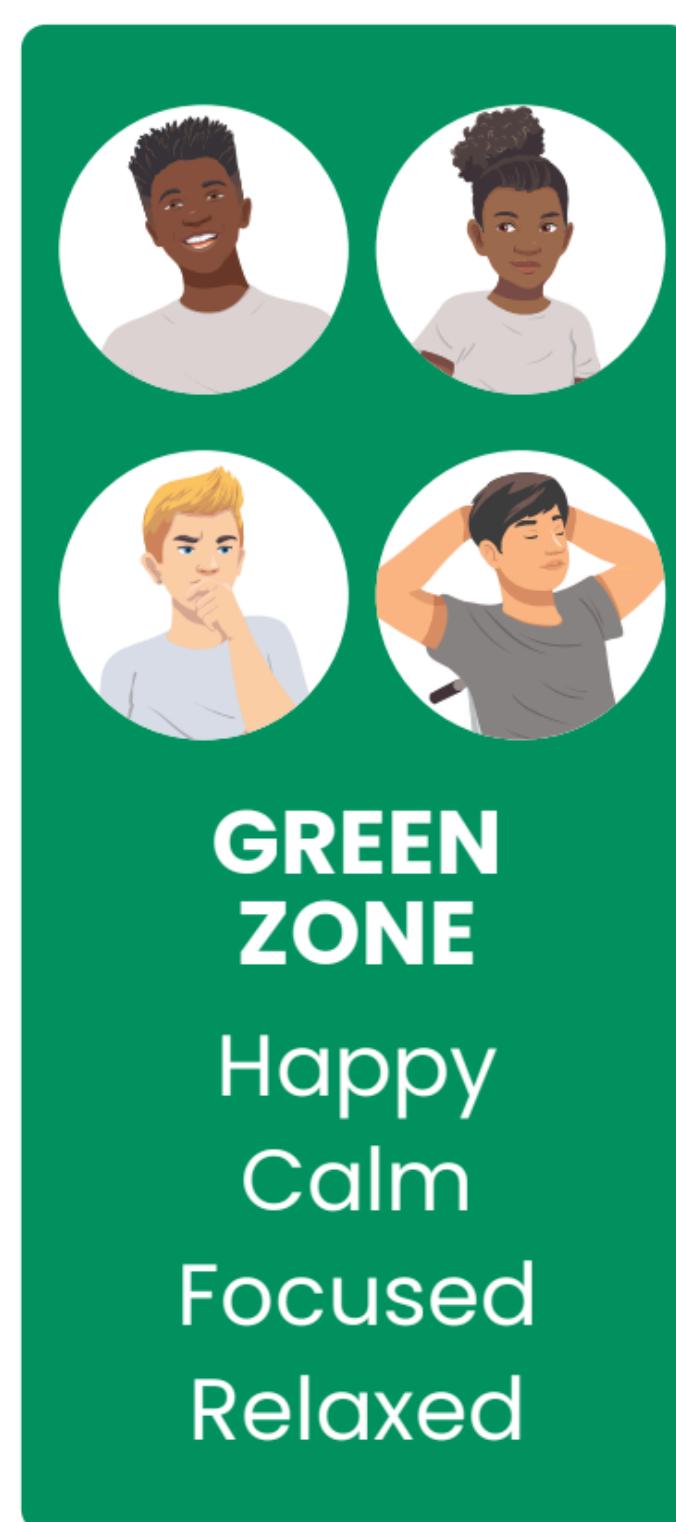
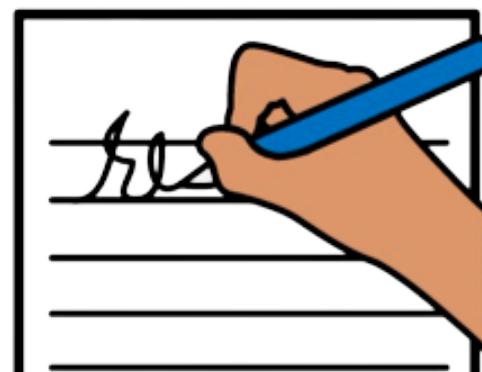
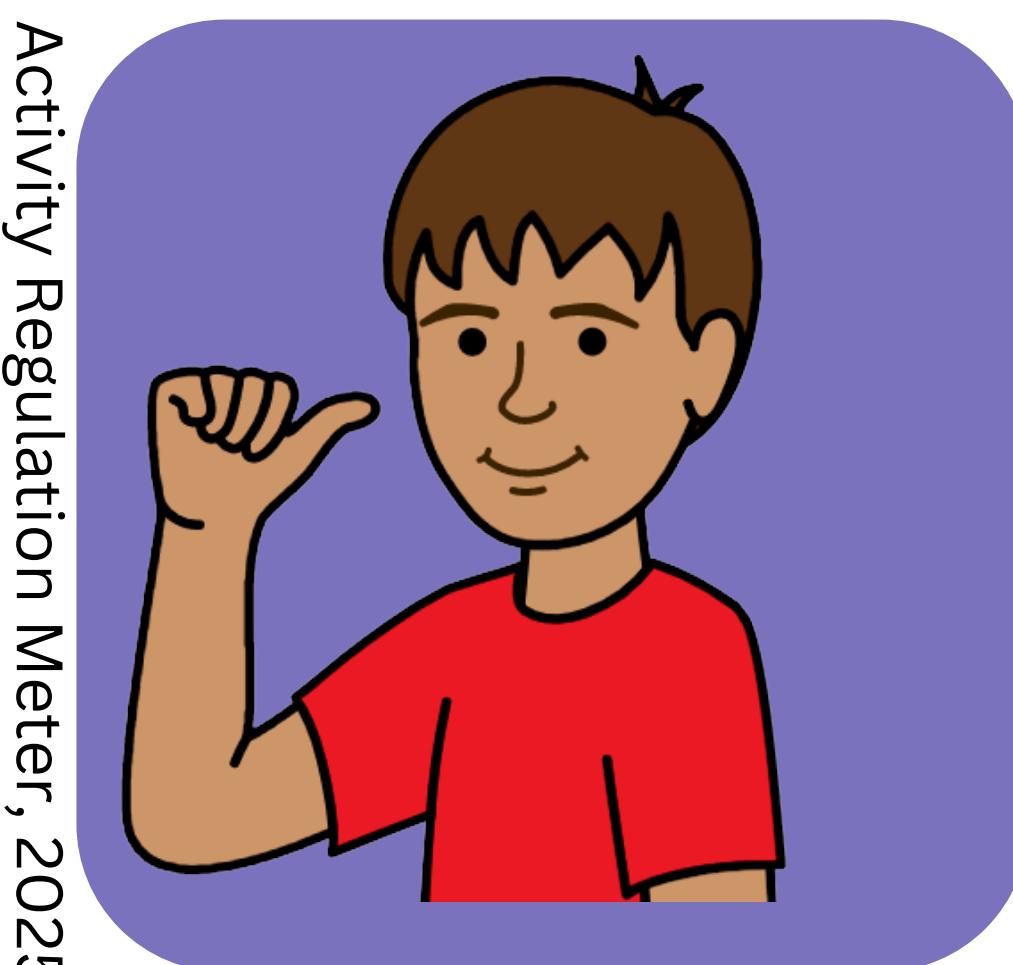
Their teachers also want to know what Katy and Louis do not like to do at school.



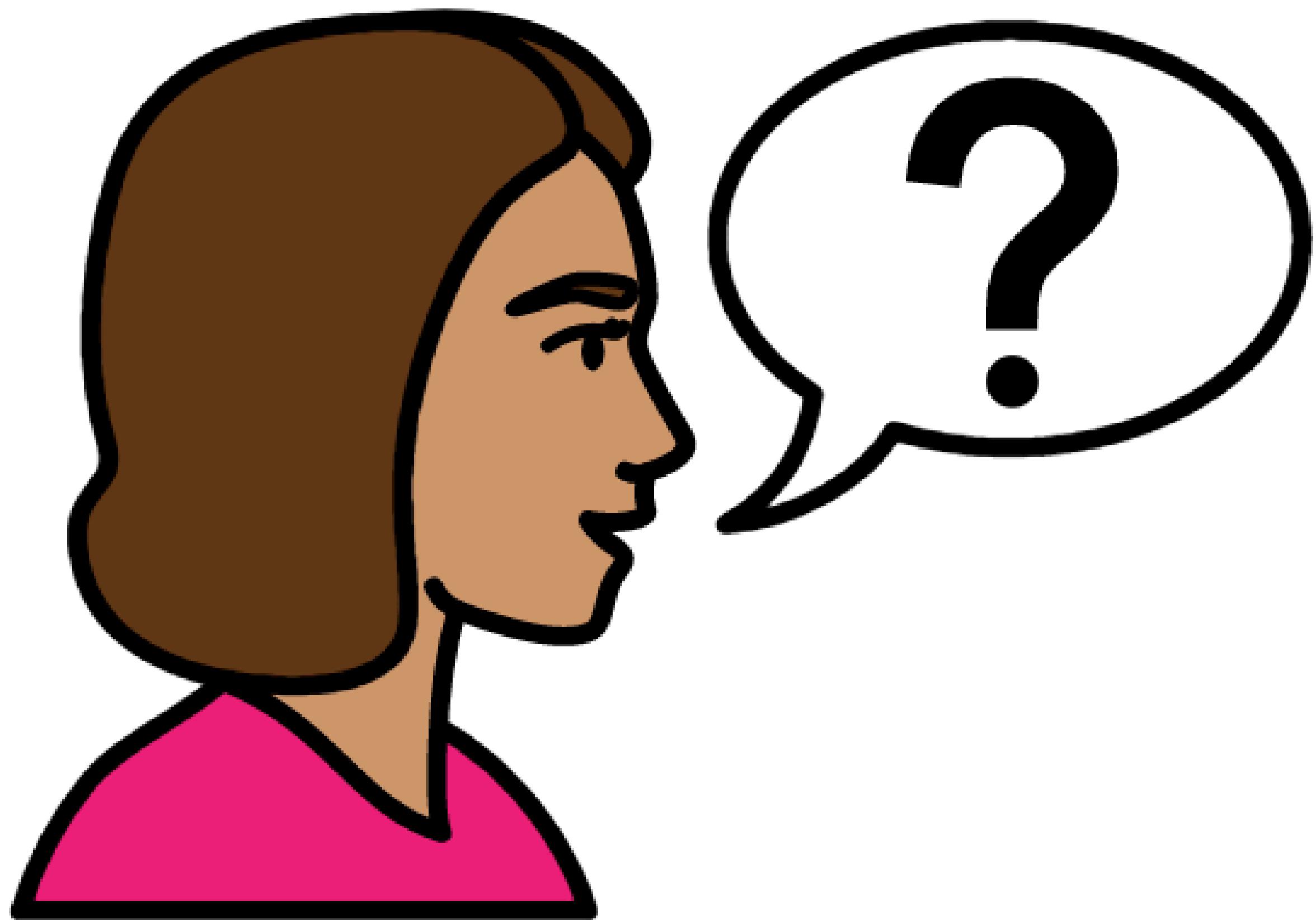
Katy's teacher asks her to order the things she does at school on an energy meter.



Katy puts “writing” in the **GREEN** zone, because she has to work really hard at writing. Katy likes to write stories in choosing time, but sometimes finds it difficult to think of words, or to spell words, so she has to focus.



Louis puts “writing” in the **BLUE zone, because he finds writing really tiring. It is hard work. When he is working on his writing, he finds it hard not to fall asleep.**



**Now I have some questions to
ask you. Is that okay?**

How do you feel about...

BLUE ZONE

Sad
Sick
Tired
Bored



GREEN ZONE

Happy
Calm
Focused
Relaxed



YELLOW ZONE

Frustrated
Worried
Silly
Excited



RED ZONE

Angry
Terrified
Elated
Out of Control

