

# Recognise, Relate and Regulate Emotions

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Senior Teacher (Learning Needs / Lower Primary Learners)  
Friday, 19<sup>th</sup> July 2024





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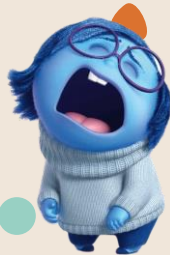
Storybooks to Share



01

# Recognise

The ZONES of Regulation





<https://www.youtube.com/watch?v=1S0RKRRyqhQ>



<https://www.youtube.com/watch?v=dFKtrAZpnko>

# The ZONES of Regulation

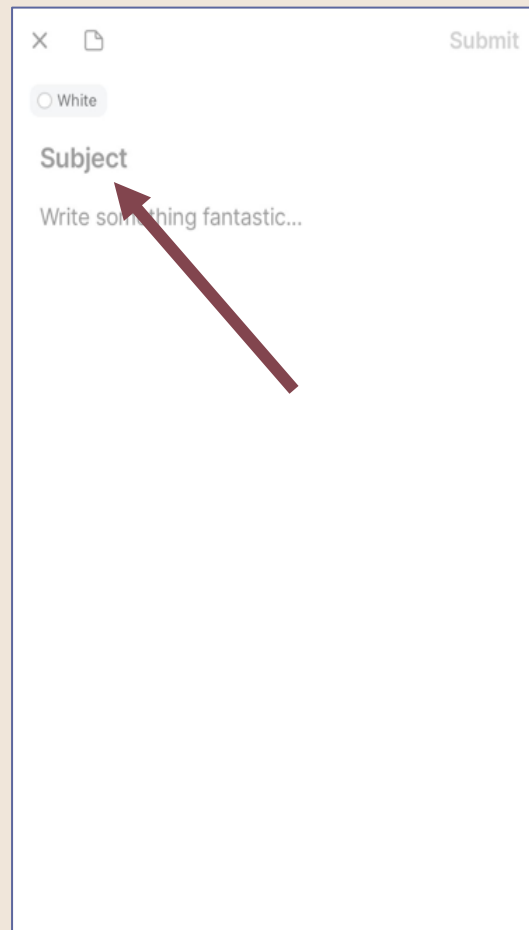
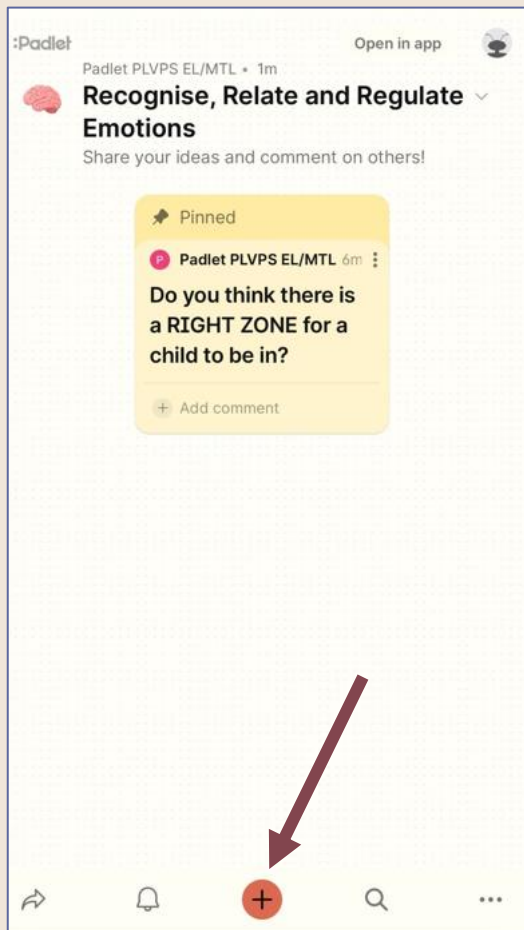
			
<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified

02

# Relate

Is there a Right Zone for a child to  
be in?







# The ZONES of Regulation

All ZONES are OKAY to be in!

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

03

# Regulate

Self-Regulation Strategies

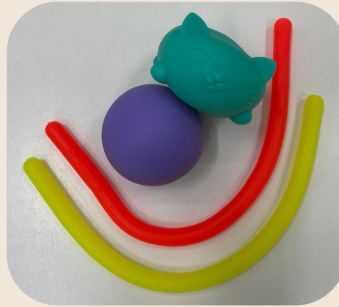


# The ZONES of Regulation

			
<p><b>What might help you?</b></p> <ul style="list-style-type: none"> <li>Talk to someone</li> <li>Stretch</li> <li>Take a brain break</li> <li>Stand</li> <li>Take a walk</li> <li>Close my eyes</li> </ul>	<p><b>What might help you?</b></p> <ul style="list-style-type: none"> <li>The goal of this exercise is to get to the GREEN zone.</li> <li>What can you do to be happy, calm and ready to learn?</li> </ul>	<p><b>What might help you?</b></p> <ul style="list-style-type: none"> <li>Talk to someone</li> <li>Count to 20</li> <li>Take deep breaths</li> <li>Squeeze something</li> <li>Draw a picture</li> <li>Take a brain break</li> </ul>	<p><b>What might help you?</b></p> <ul style="list-style-type: none"> <li>Stop what I'm doing</li> <li>Make sensible choices</li> <li>Take deep breaths</li> <li>Ask for a break</li> <li>Find a safe space</li> <li>Ask for help</li> </ul>


[illegible]

# Having a Self-Regulation Toolkit at Home





# Noise-cancelling Headphones



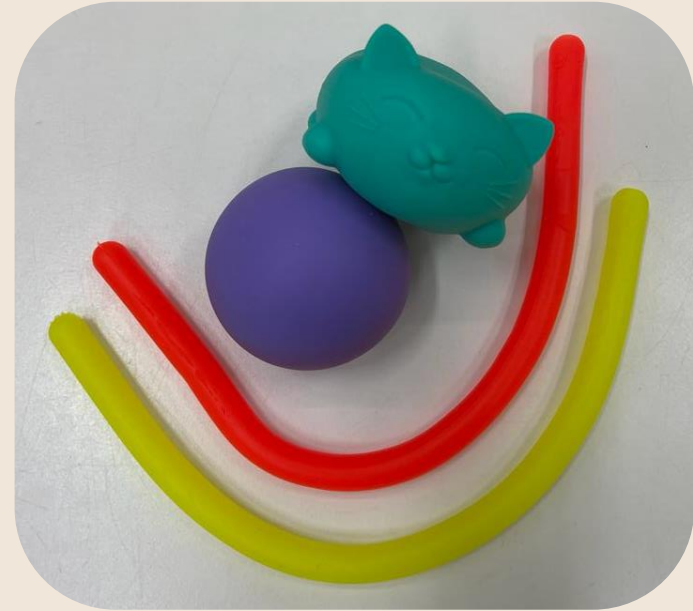
What might help you?

- Talk to someone
- Count to 20
- Take deep breaths
- Squeeze something
- Draw a picture
- Take a brain break



# Stretchy Noodle Strings / Stress Balls

 	 
 	 
<p><b>What might help you?</b></p> <ul style="list-style-type: none"><li>Talk to someone</li><li>Count to 20</li><li>Take deep breaths</li><li>Squeeze something</li><li>Draw a picture</li><li>Take a brain break</li></ul>	<p><b>What might help you?</b></p> <ul style="list-style-type: none"><li>Stop what I'm doing</li><li>Make sensible choices</li><li>Take deep breaths</li><li>Ask for a break</li><li>Find a safe space</li><li>Ask for help</li></ul>




# Writing Pad

			
			
<p>What might help you?</p> <ul style="list-style-type: none"><li>Talk to someone</li><li>Count to 20</li><li>Take deep breaths</li><li>Squeeze something</li><li>Draw a picture</li><li>Take a brain break</li></ul>		<p>What might help you?</p> <ul style="list-style-type: none"><li>Talk to someone</li><li>Stretch</li><li>Take a brain break</li><li>Stand</li><li>Take a walk</li><li>Close my eyes</li></ul>	





# Digital Timer



What might help you?

- Stop what I'm doing
- Make sensible choices
- Take deep breaths
- Ask for a break
- Find a safe space
- Ask for help



# Feelings Cards



*month plan*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Learn Spelling		Learn Spelling	
Learn Spelling	Spelling Day					

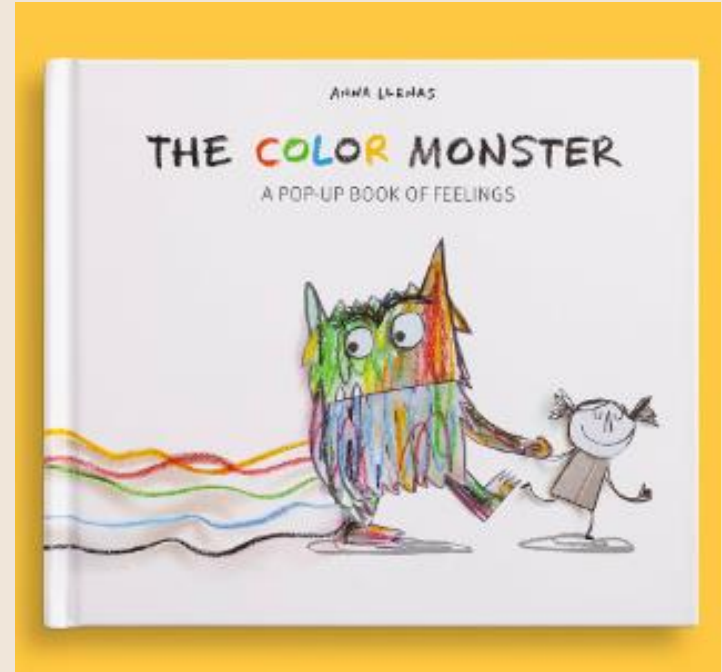
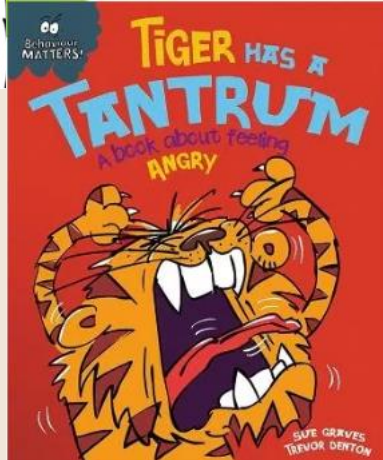
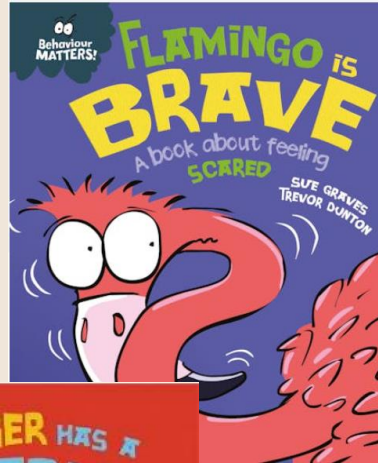
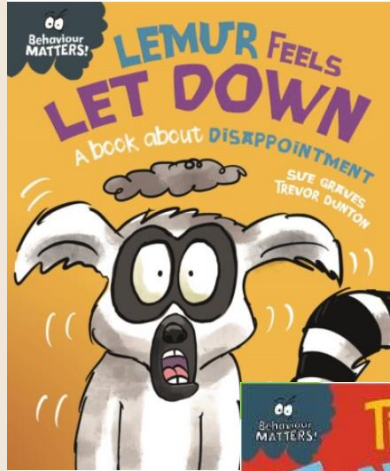
04

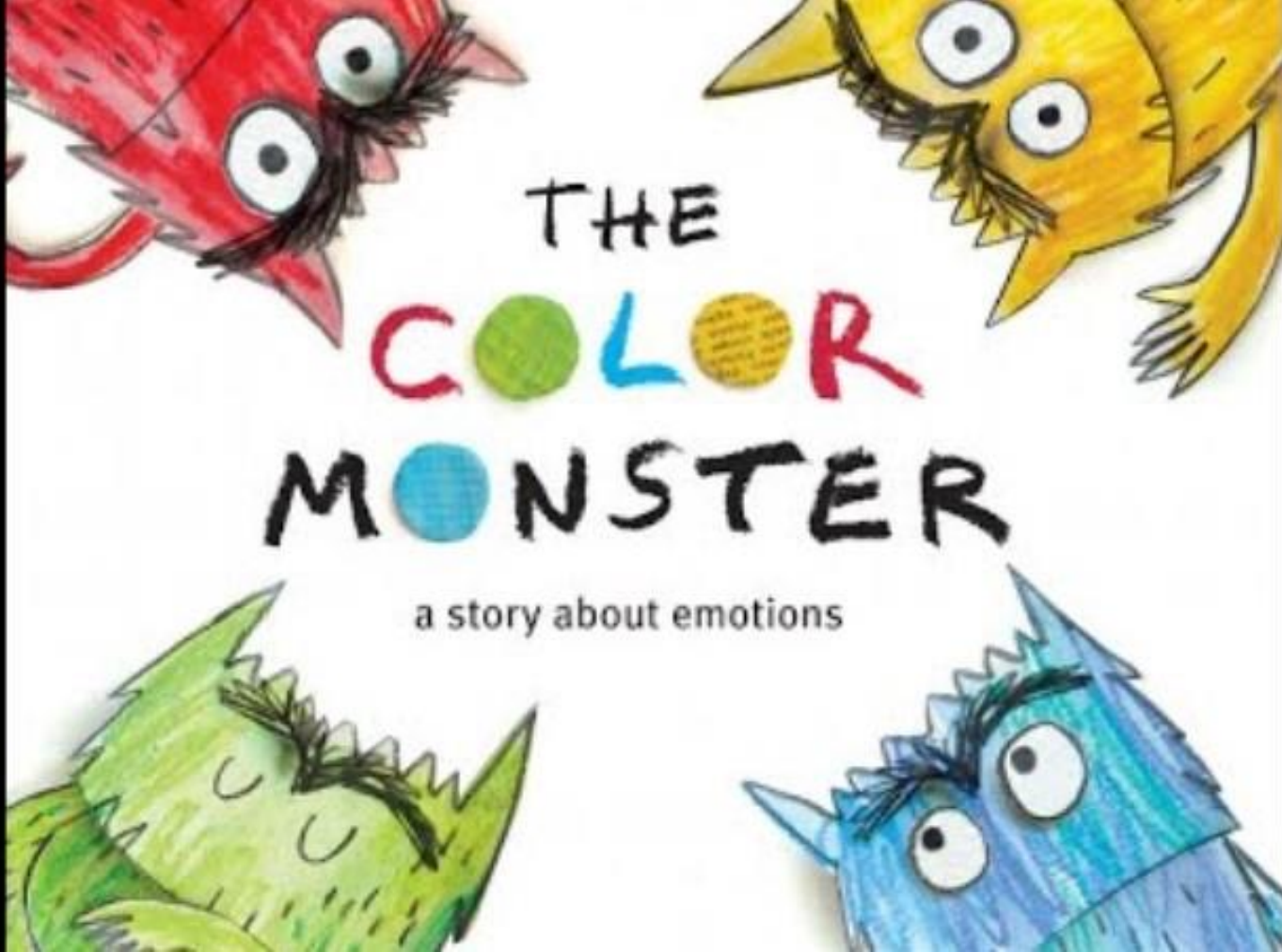
# Additional Resources

Storybooks to Share



# Additional Resources





## Feedback Form



<https://go.gov.sg/reognise-relate-regulate-emotions>

## 乐学汉字: A Sharing on the Learning of Chinese Characters (Stay on in this webinar)

A Sharing on Oral Skills for  
P1 and P2 Students  
(Malay Language Workshop)

Zoom ID: 547 460 7820

Zoom Passcode: 796 307

# THANKS

Do you have any questions?

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