

Friday 10th October 2025

How are you feeling today?



The **ZONES** of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay 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



World Mental Health Day 2025

- CRC Article 13: All children have the right to say what they think and be listened to.
- CRC Article 12: All children have the right to be heard and to give their opinion.
- CRC Article 24: All children have the right to the best possible health.

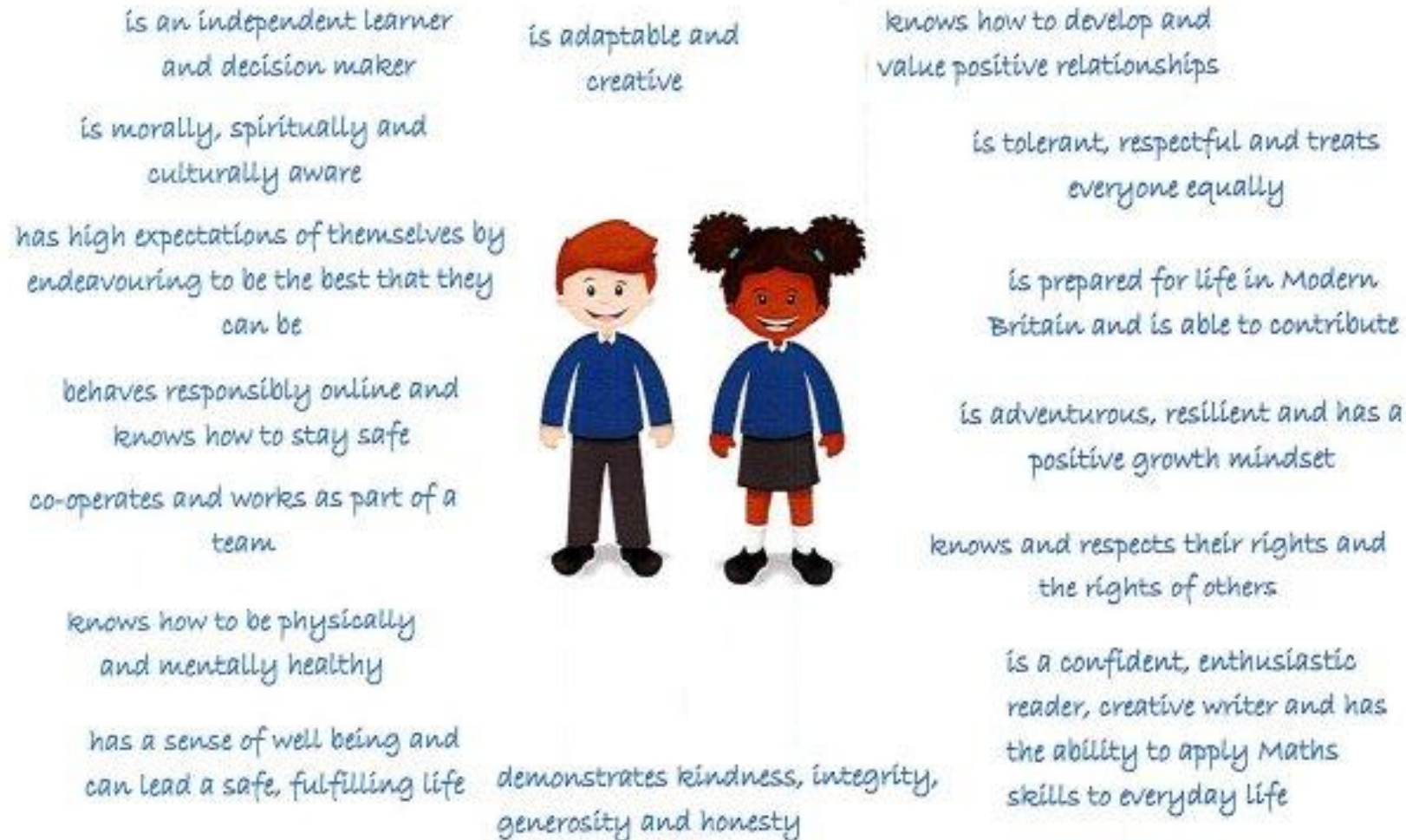


Learning Objectives:

- To understand about mental health issues and how they can affect us
- Know ways to discuss our feelings and emotions using the zones.
- To think about the tools we can use to help us when we move out of the green zone.

Article 29: The right to be the best that you can be.

The Timothy Hackworth Child



Starter discussion ...

Mindfulness Word Search

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

mindful	happy	mental health
relax	content	emotions
unwind	grateful	focus
self care	breathe	positivity

What is mental health?



How we are feeling and the thoughts we are having.

How these feelings can impact our choices and behaviour.

How able we are to cope with daily life.

Everyone has mental health - just like physical health.







Mental health is all about emotions and how we are feeling.

What do we use in school to help us to manage our emotions?



Talk to you partner about how you can feel in each of the four zones.



			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

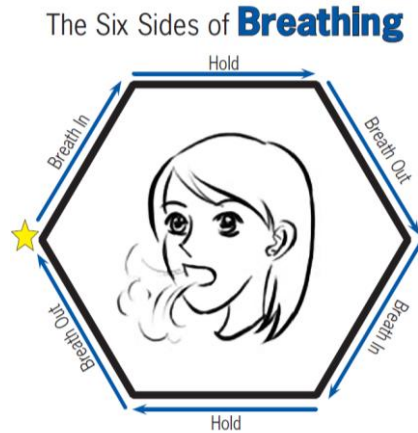
For the **blue**, **yellow** and **red** zones, you need a tool kit of things to do (strategies) to help you return back to the green zone.

With your partner, think of one strategy which would help you if you were in the blue zone, one which would help you if you were in the yellow zone and one which would help you if you were in the red zone.

Now, think of a tool you could use to help you remain in the green zone.

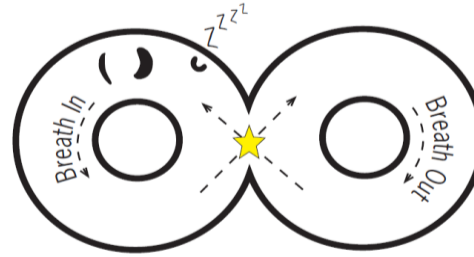
What examples have you come up with?

Here are some ideas.



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.

Lazy 8 Breathing

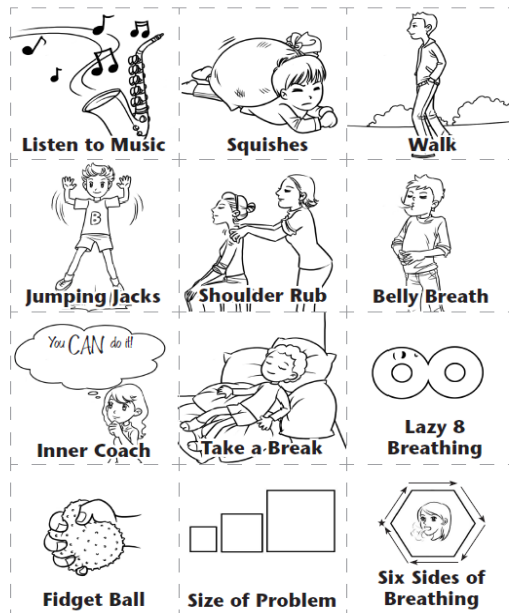


Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

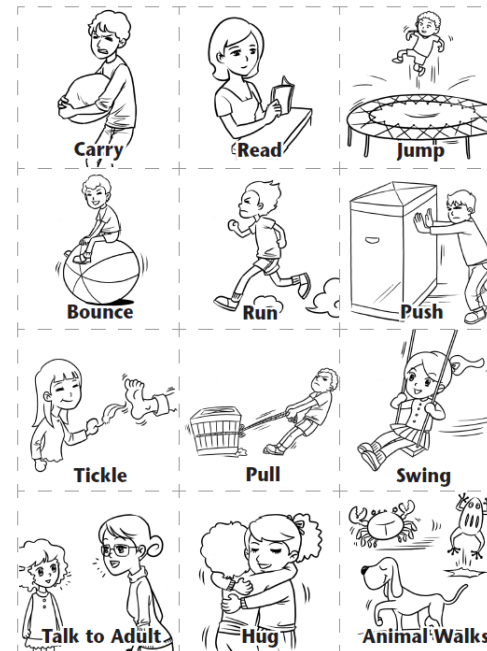
As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

ZONES Tools Menu



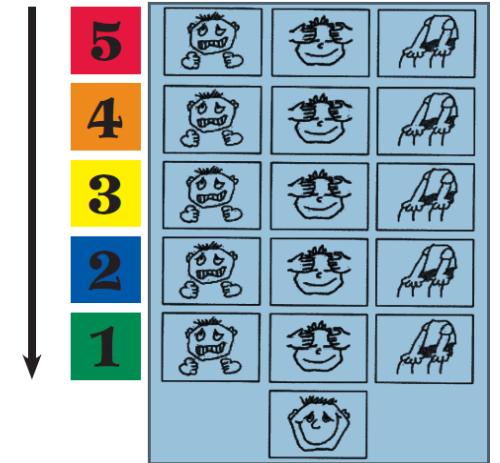
ZONES Tools Menu



My Calming Sequence Visual

Activity: Try this calming sequence. Does it feel good and calming? How can you change it so that it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.



_____'s **Toolbox**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools

On your Toolbox, write some tools in each of the zones which you would like to use if you find yourself in that zone.

Talk to your partner and share your ideas with each other.

Reflection and discussion



Respect and attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.



Why is having a selection of different tools you can use to help you get back to the green zone important?

Reflection and discussion



Respect and attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.



How might understanding your own emotions help you to understand the emotions of others?

Reflection and discussion



Understanding the consequences of behaviour and actions.

What is the impact
of looking after our
physical AND mental
health?



Individual Liberty

To look after my own mental health
and to have respect for others'
mental health and wellbeing.

Which of the 17 Global Goals have we focused on today?



Which of the 17 Global Goals have we focused on today?



Reading recommendations linked to our Family Group ... 😊

