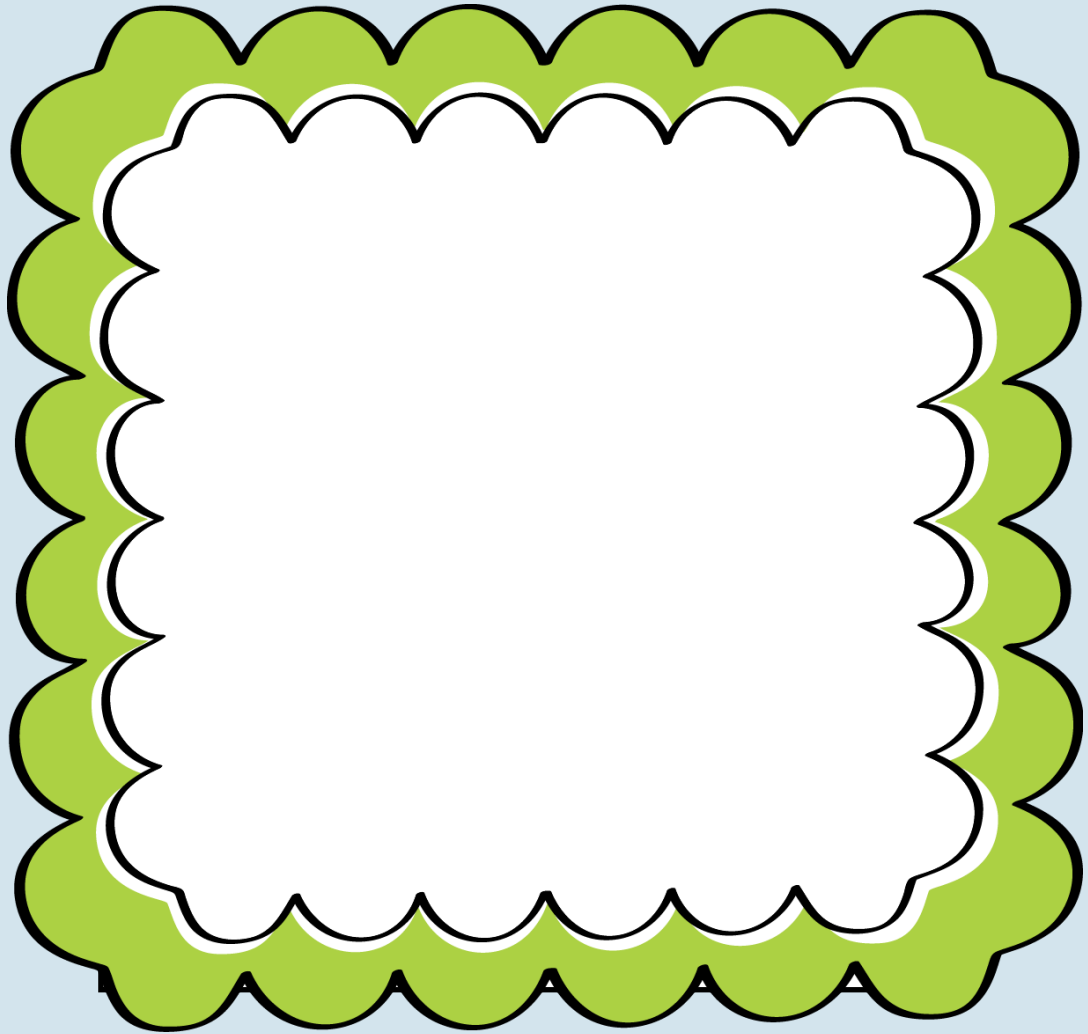


All about me....



Name.....





Facts about me...

My name is.....

I am years old.

I have..... eyes.

I have..... hair.

My birthday is

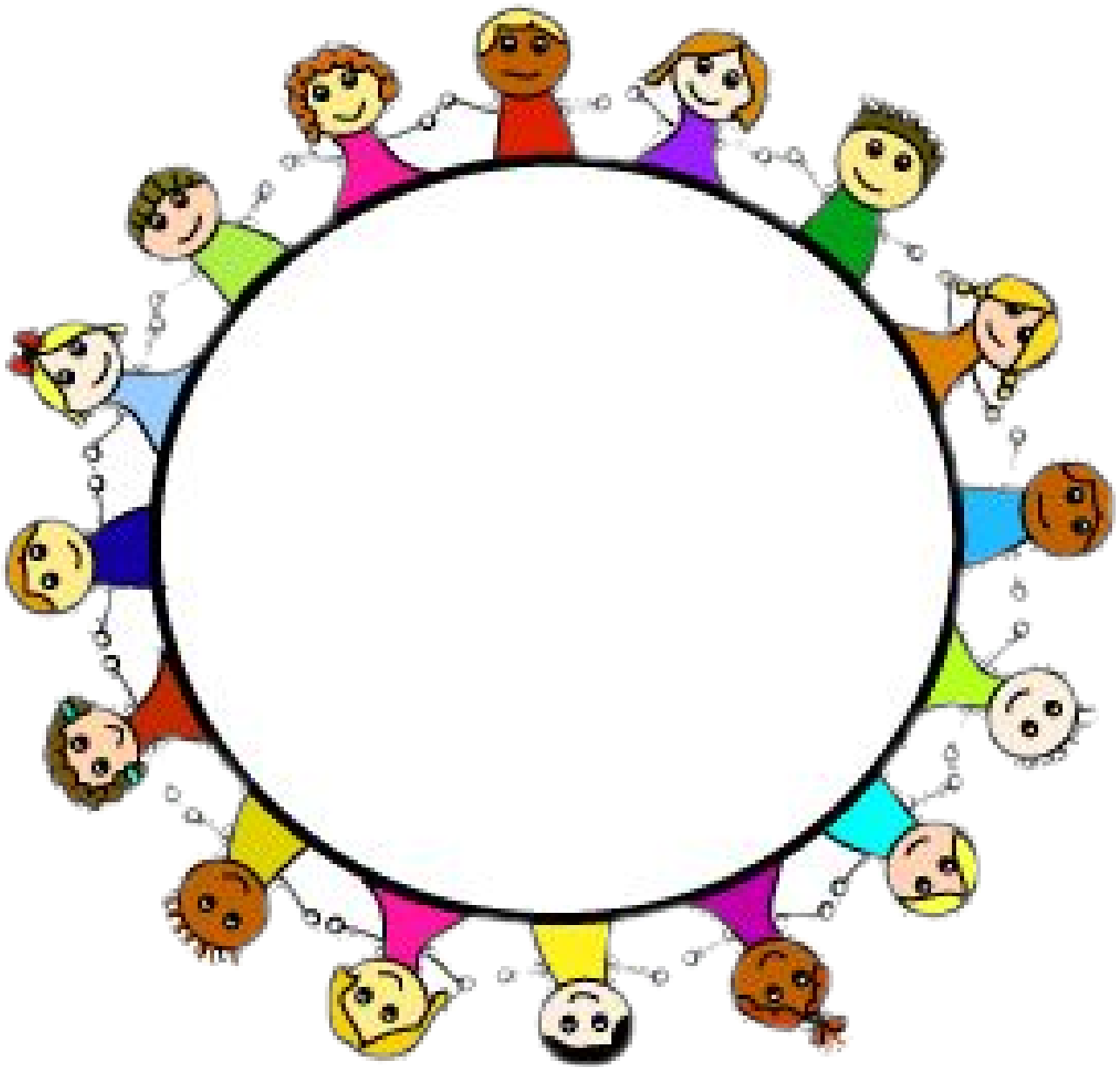


My family



*Can you draw a picture
of your family?*

My friends

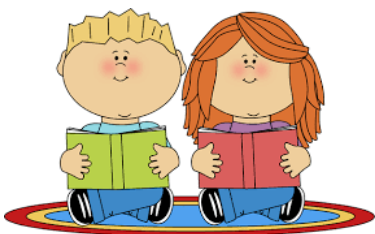
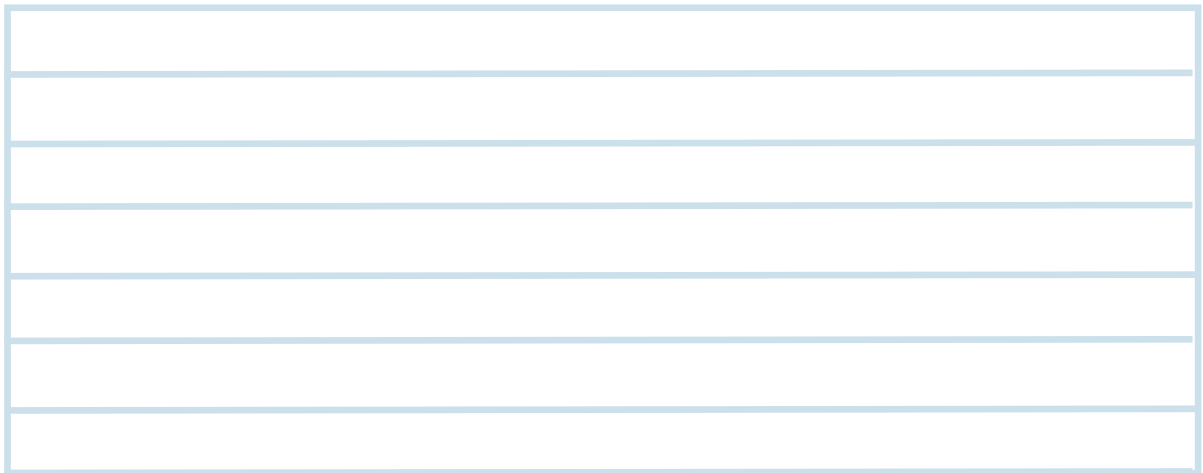


I like my friends because...

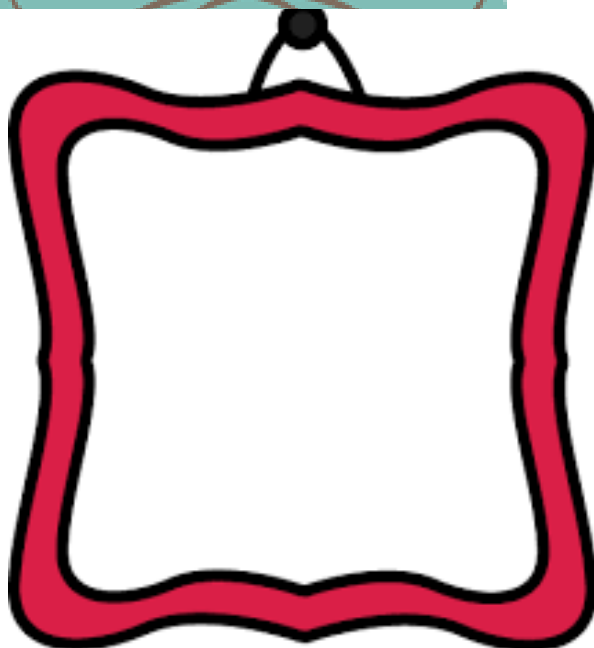
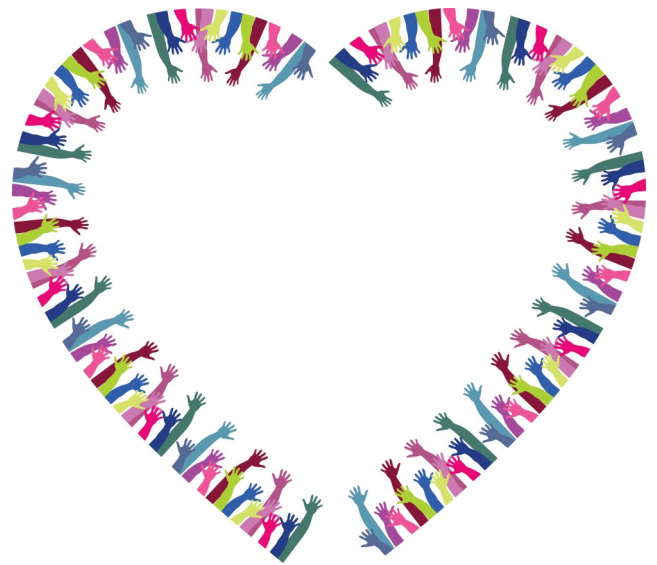
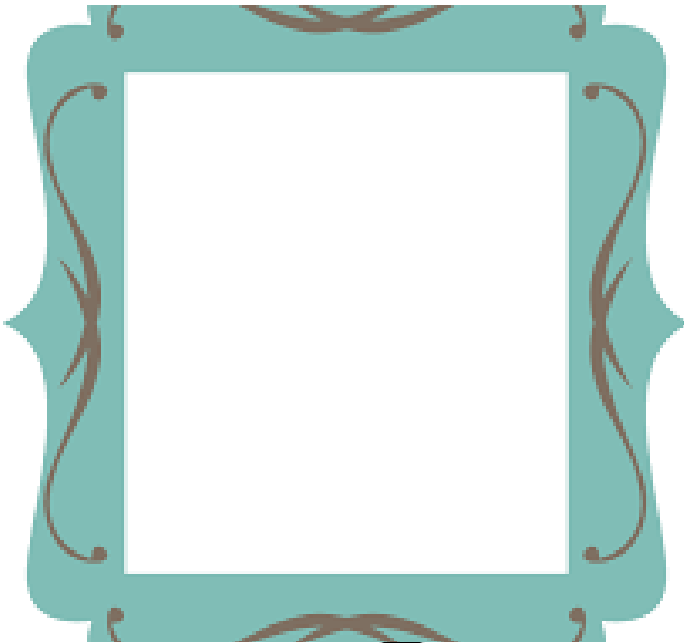
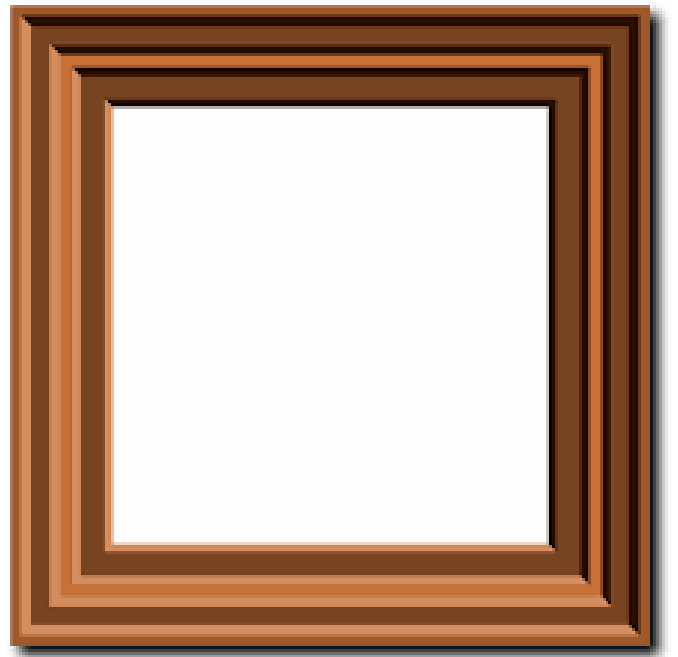
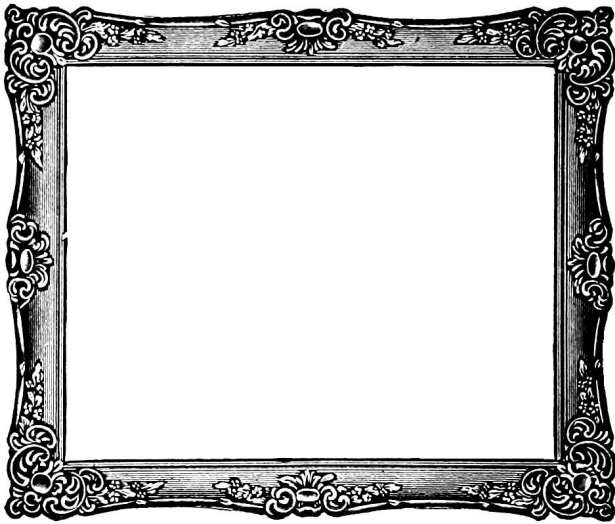
My hobbies



My favourite hobbies are ?



My favourite things gallery

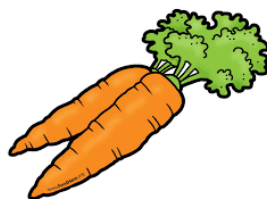
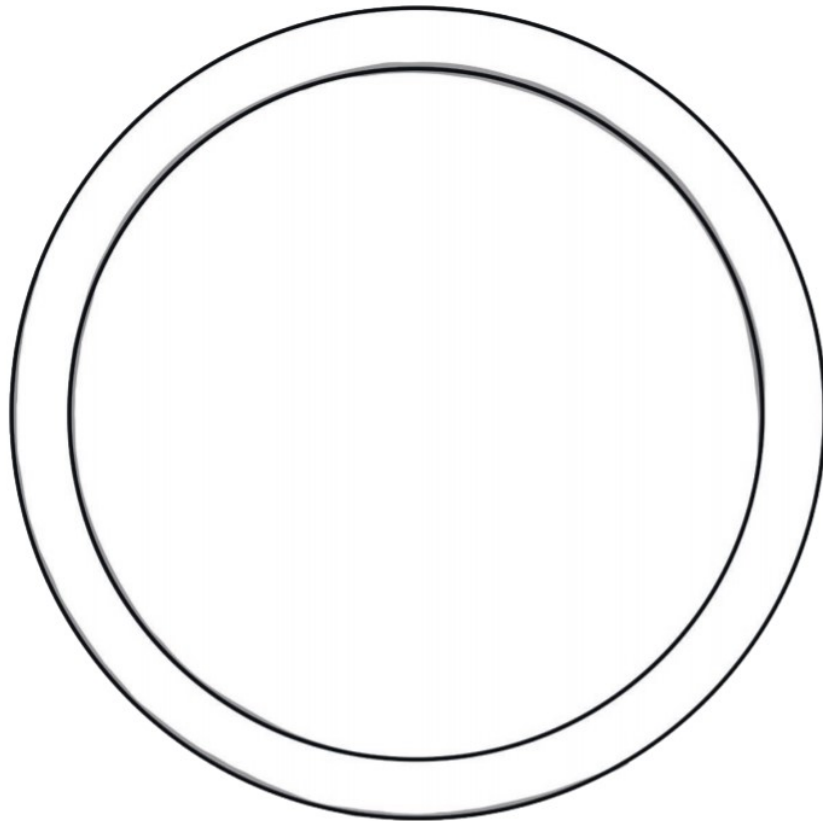


Can you draw a picture in each frame to show your favourite things?

My favourite Food



Can you draw a picture of your favourite meal?

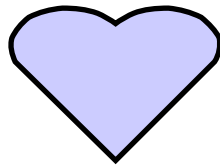


My dreams

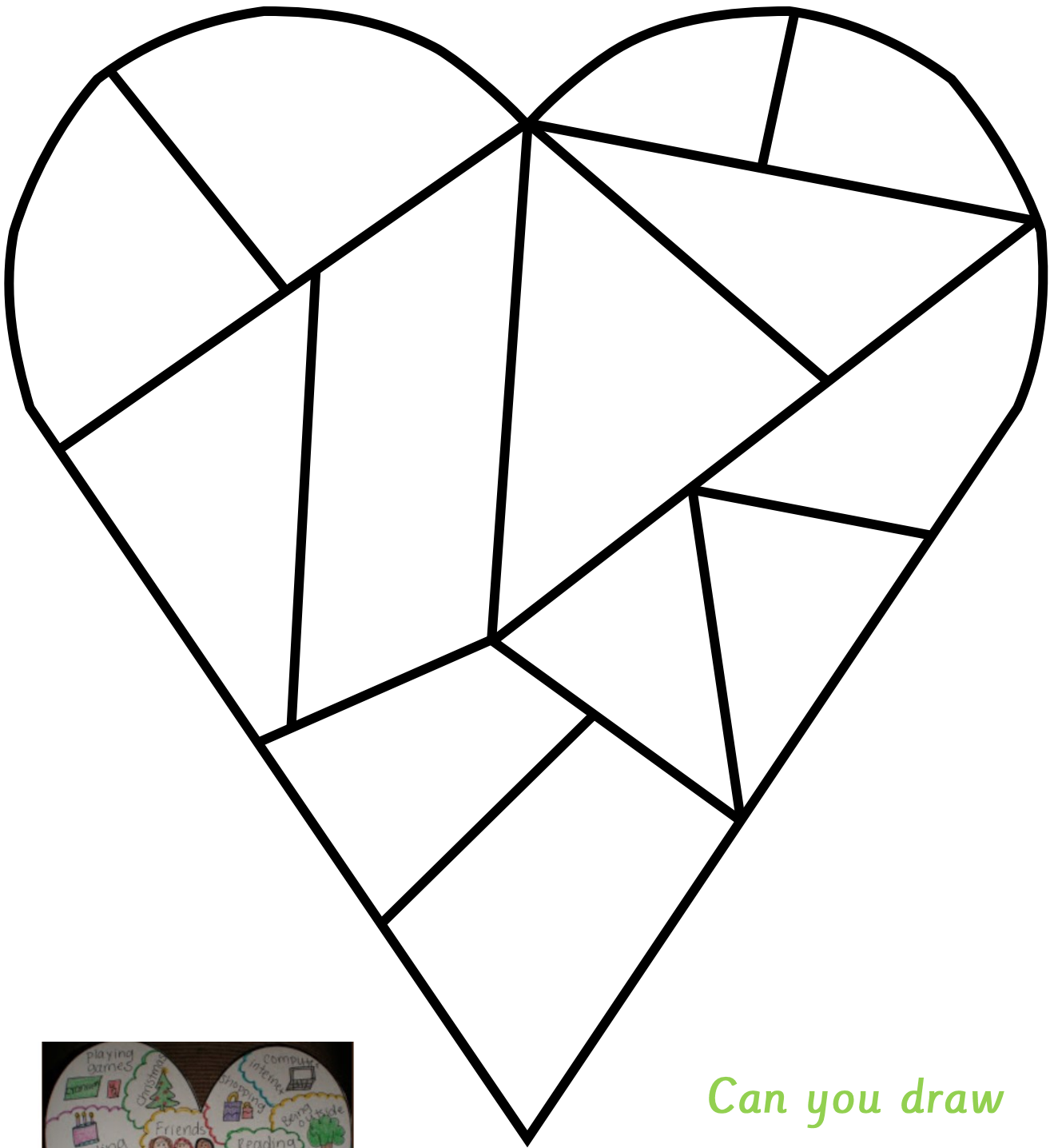
When I am older I would like to.....



My



Map



Can you draw
pictures of all the
things that make you
happy?

What have you missed whilst you have been at home?



I have missed....

What have you missed about school?

A large, empty rectangular box with a green border, intended for a child to draw or write their response to the question above.

I have missed...

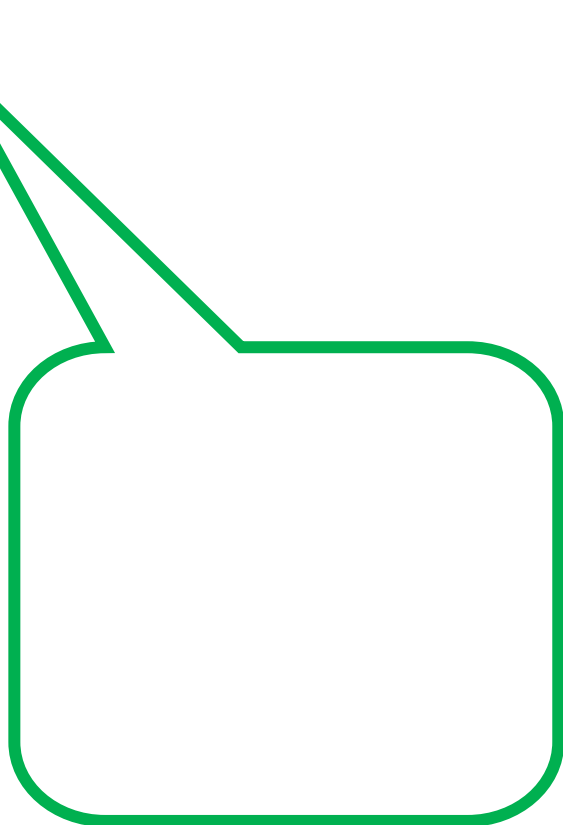
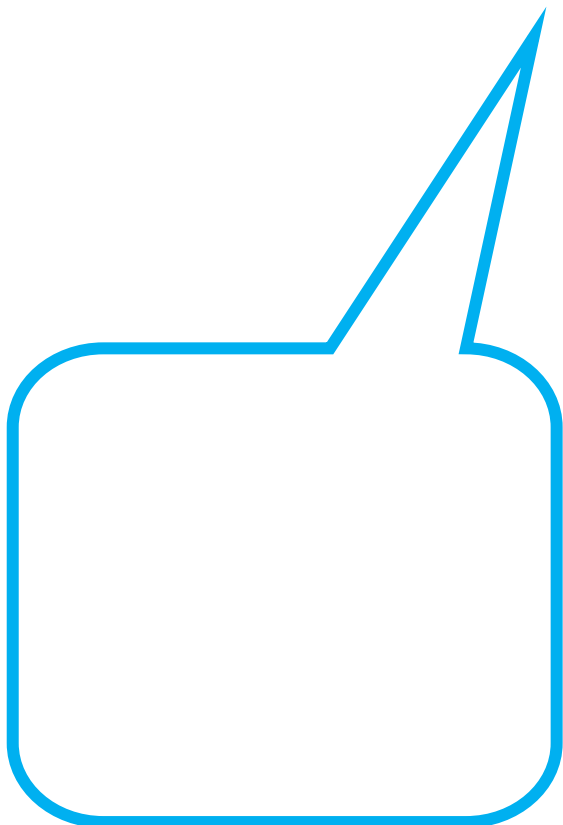
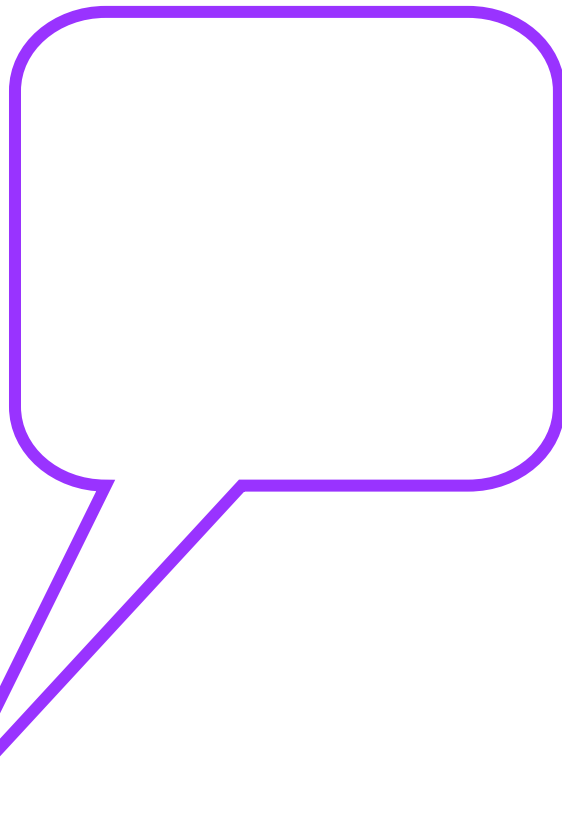
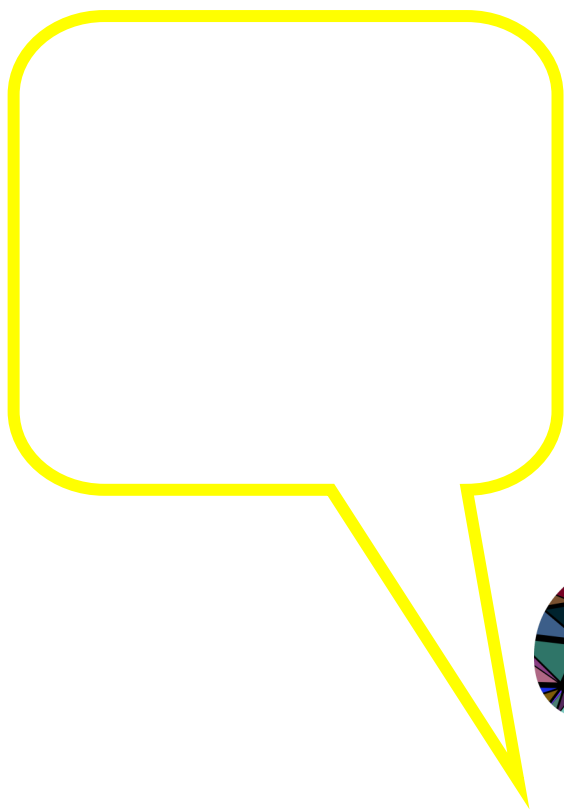


What are you looking forward to when you come back to school?



Draw a picture of the thing you have missed most

*When you come back to school you might
have some questions?*



*When you come back to school you might
have some worries?*



**My top 5
worries are?**



How Big Is My Worry?

5	<p>EMERGENCY</p> <p>Fire, danger to yourself or others You may need an ambulance or fire engine.</p>
4	<p>GIGANTIC PROBLEM</p> <p>Fighting, someone is hurt. You will need an adult to help you.</p>
3	<p>BIG PROBLEM</p> <p>Small accident (you may have fallen down), you may be bleeding, not feeling well. You will need an adult to help you.</p>
2	<p>MEDIUM PROBLEM</p> <p>Someone is bothering you, feeling tired or unwell, you need something. You could try to sort this out yourself or ask for help.</p>
1	<p>LITTLE PROBLEM</p> <p>Can't understand your work, lost something, falling out with your friend. You can try to sort this out yourself with a little reminder.</p>
0	<p>GLITCH</p> <p>Losing in a game, not being picked, you have forgotten something. You can fix this yourself.</p>



Can you draw or write any worries you have and put them in the jar?



How do others at school know what I am feeling?



Happy

What makes me happy?

What do I do when I am happy?



Sad

What makes me sad?

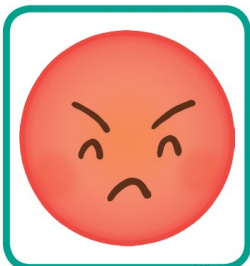
What do I do when I am sad?



Worried

What makes me worried?

What do I do when I am worried?







Angry

What makes me angry?

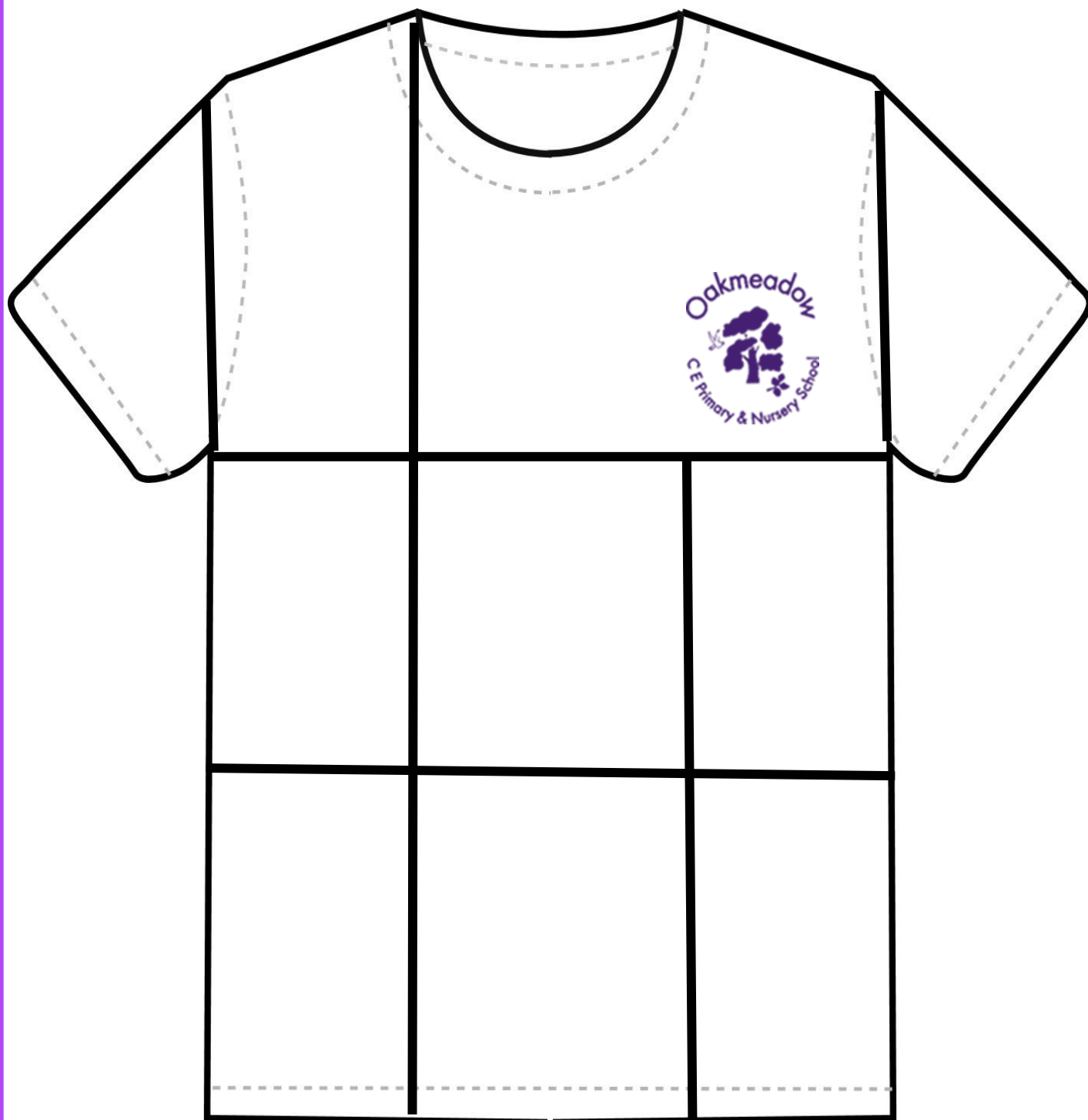
What do I do when I am angry?

How others can help me at school when I feel?



	<i>How I can help myself</i>	<i>How others can help me</i>
 Happy		
 Sad		
 Worried		
 Angry		

Now design a t-shirt that tells us something about you ?



Your design could include your favourite colour, animal or football team. It might have a picture of your best friend in it. It could show a picture of your favourite sport or an activity you like doing.

All about me alphabet challenge.

Amazing



O.....

B.....

P.....

C.....

Q.....

D.....

R.....

E.....

S.....

F.....

T.....

G.....

U.....

H.....

V.....

I.....

W.....

J.....

X.....

K.....

Y.....

L.....

Z.....

M.....

*Can you think of a word for
each letter of the
alphabet that describes you?*

N.....

There are lots of different things that we need to look after ourselves. How do you look after yourself?

Draw a picture to show how you can look after yourself.



*There are lots of different ways we can look after
Ourselves.*



Can you draw a picture to go with each box?

*Too look after yourself you need to tell others how
your are feeling*

*Too look after yourself you need to have a good
diet.*

*Too look after yourself you need to have good
personal hygiene*

*Too look after yourself you need to think about
what you wear*

Too look after yourself you need to rest and sleep.

*Too look after yourself you need to do some
exercise.*

I am an amazing person because....



*I am a good friend
because..*

I am really good at....

My special talent is..

*I have worked hard to
Improve...*

I am thoughtful because


I like to help others by...



What makes me a good friend?



Can you design a recipe that would make a good friend?

Friendship Recipe	
<p><i>Ingredients</i></p> <p>2 large spoons of kindness</p> <p>A pinch of happiness</p> <p>50g of sharing</p> <p>A sprinkle of gentleness</p> <p>A large spoon of love</p> <p>A large spoon of respect</p> <p>A jug of fun</p>	

Friendship Recipe	

My Feelings Diary



Can you fill in the diary to show how you are feeling on each day.

Day	Today I felt write a sentence	Today I felt Draw a picture	One thing that made me happy Draw or write a picture
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

My Feelings Diary

You can use these feeling emojis to help you fill in your diary



Calm



Happy



Silly



Relaxed



Nervous



Annoyed



Sad



Shy



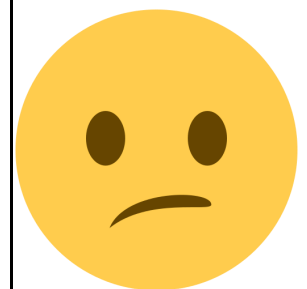
Surprised



Hungry



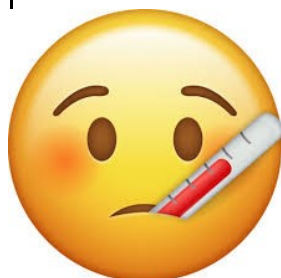
Angry



Confused



Sleepy



Sick



Hurt



Hot

Remember.....

EMOTIONS AREN'T "GOOD" OR "BAD"

↳ EXAMPLES ↴

STRESS

"I need to slow down. I need self-care."

SAD

"It's okay. I need love & to look for joy & gratitude."

ANXIOUS

"I need calm & grounding. I can remind myself I am safe & can manage this."



They are SIGNALS to us...

our body bringing our attention to something → Maybe letting you know that something is 'off-kilter' or out of balance.

ASK YOURSELF:

"WHAT IS THIS FEELING TRYING TO TELL ME?"

How to manage our feelings

Sometimes we do not feel quite right and we have some feelings that we find hard to control. Remember at school we use

‘Our Zones of Regulation’

sad	ready to learn	fast	loud
tired	calm and peaceful	frustrated	aggressive
bored	helpful	silly	mean
anxious	willing	wiggly	angry
worried	focussed	fidgety	out of control
moving slowly		distracted	
		loss of control	



Talk to someone.
Draw a silly picture.
Happy thought.
Have a snack or a drink.

Super job!
Tell yourself:
Yes, I can do this!

Breathe.
Pause.
Count to 10.

Breathe.
Walk away.
Find a safe place.
Mindful activity e.g colouring

'Our Zones of Regulation'

Sometimes our emotions don't enable us to be in the **green** zone. We have all been in the **blue zone**, **yellow** and **red** zone Even adults. We all have a range of emotions within us. It's good to show our emotions but sometimes our behaviour isn't appropriate when we're in the zones. Often our behaviour is trying to tell someone something. The Red and Yellow Zones are not the "bad" or "naughty" zones. All of the zones are expected at one time or another.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

<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>



'Our Zones of Regulation'

Sometimes we use funny sayings these are called 'idioms' they describe ways that we might be feeling.

The ZONES of Regulation® Reproducible M

ZONE Idioms

Blue Zone

- Down in the dumps
- Downhearted
- Why the long face?
- Feeling blue
- Under the weather

Green Zone

- In seventh heaven
- I feel ten feet tall
- On top of the world
- On cloud nine
- Cool as a cucumber
- Pleased as punch
- I'm cool
- I'm down with that

Yellow Zone

- Wound up
- At my wit's end
- Butterflies in my stomach
- Woke up on the wrong side of the bed
- Chip on your shoulder
- Cause a stir
- At the end of your rope
- Under the wire
- Ants in your pants
- Fish out of water

Red Zone

- Lost my cool
- Ready to boil
- Blow off some steam
- About to explode
- Mad as a hornet
- Beside yourself
- Go bananas
- Go to pieces
- Come apart at the seams
- Thrilled to bits
- Over the moon
- Jumping for joy



'Our Zones of Regulation'

How can we stay in the green zone or stop ourselves moving into different zones?

Self Regulation

This means how we manage our emotions, behaviours and body movements to the situation that you are in.

How do I know what zone I am in?

Our bodies can tell us which zones we are in.

- What do my muscles feel like?
- Tensed or relaxed?
- Is my breathing fast or slow?
- Is my heart beating fast or slow?
- Is my brain focussed or cluttered?
- What does my face look like?
- How does my body feel?

I grit my teeth

I feel like running

I feel hot

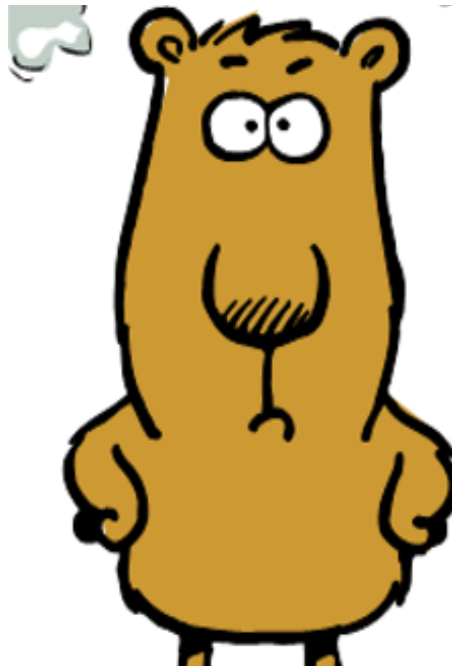
*Our bodies can tell
us which zones we
are in.*

I feel like crying

*I speak in a
loud voice*

*I breathe more
quickly*

I go red



My mouth gets dry

My heart races

My eyes go wide

My hands go into fists

My hands sweat

I can't stay still

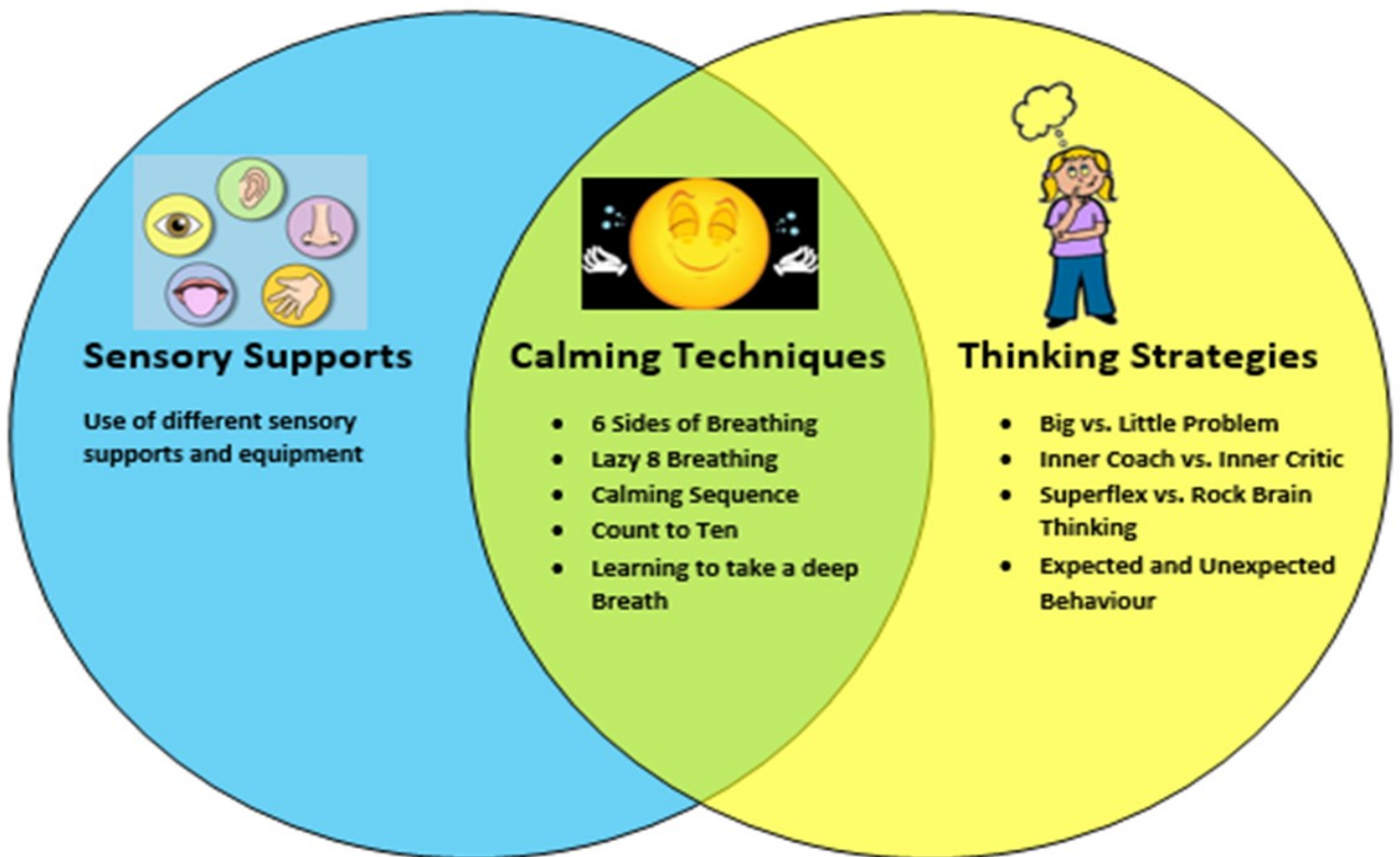
I fell panicky

My stomach turns over

I get tummy ache

'Our Zones of Regulation'

There are lots of different ways that we can get ourselves back into the **green** zone.



Why not try some of the following techniques to help you when you need to get back into the **green** zone.

The **ZONES** of Regulation® Reproducible H

Which **ZONE** Would I Be In?

All of the zone colors are okay. There are times when you will be in different zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

Times I may be in the **BLUE** ZONE...

Times I may be in the **GREEN** ZONE...

Times I may be in the **YELLOW** ZONE...

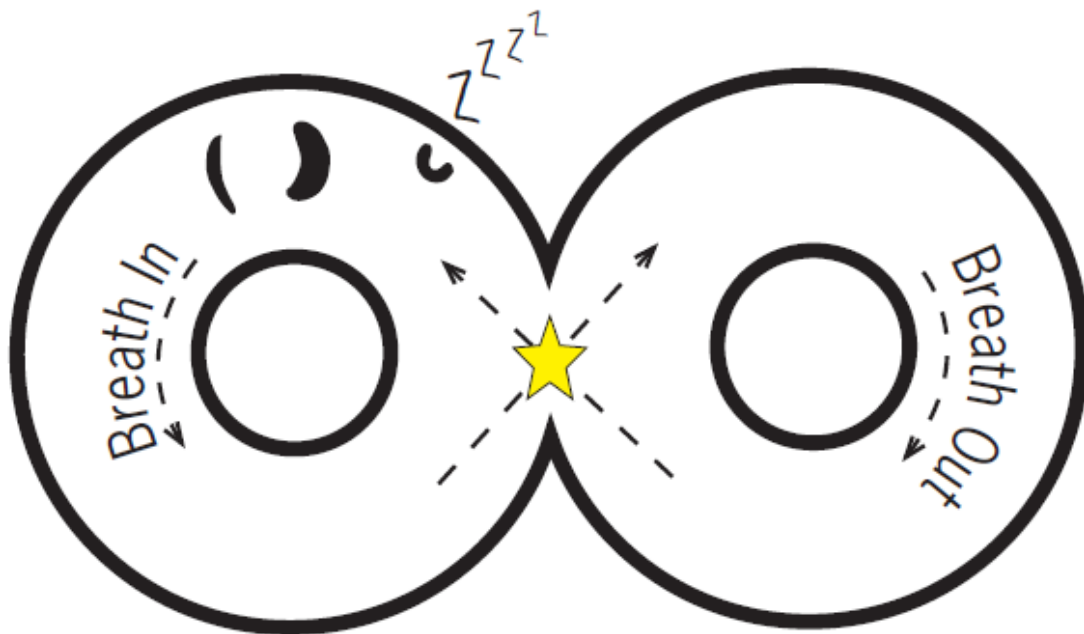
Times I may be in the **RED** ZONE...

'Our Zones of Regulation'



The ZONES of Regulation® Reproducible T

Lazy 8 Breathing



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

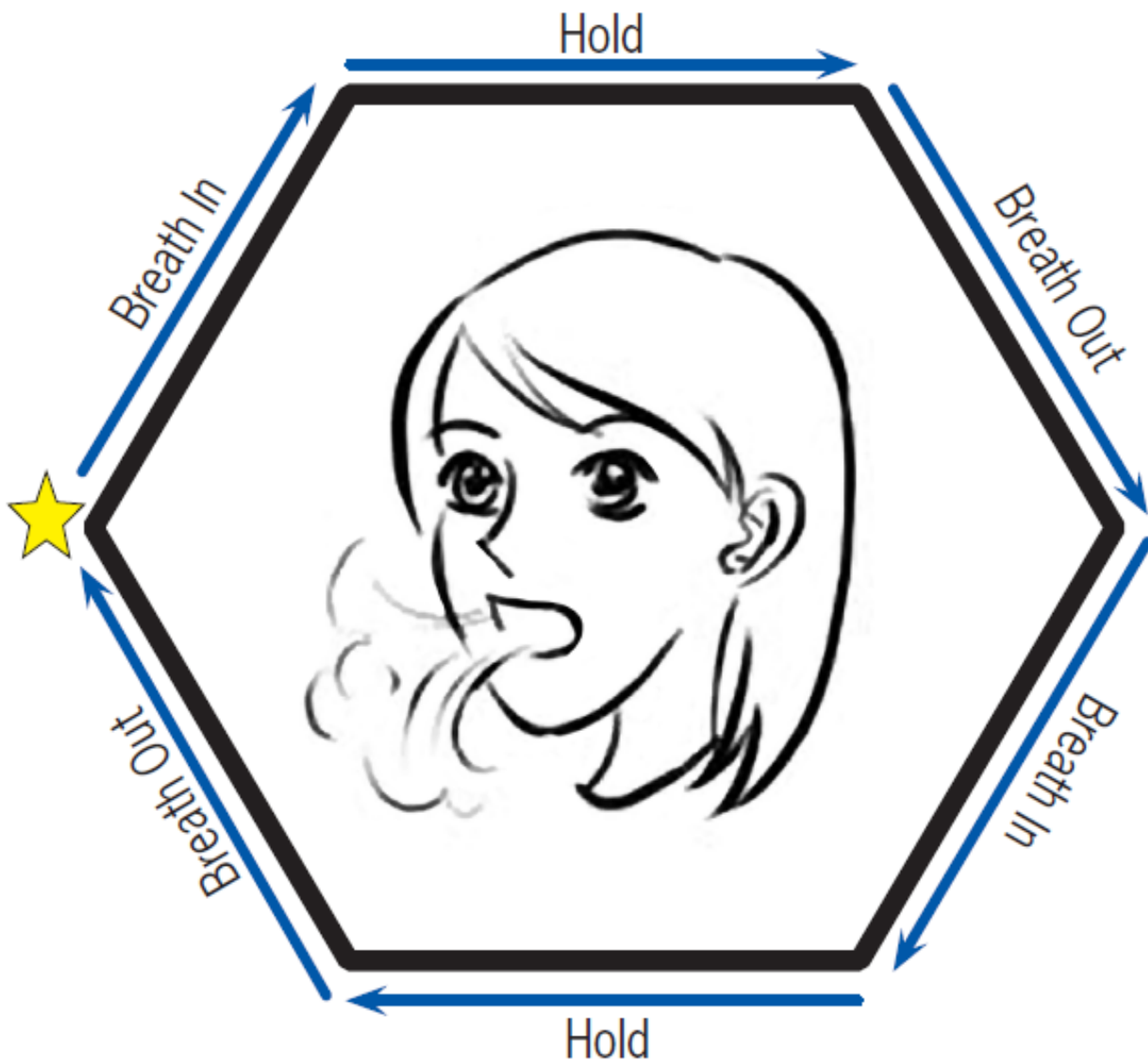
As you cross over to the other side of the Lazy 8, slowly let your breath out.

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

'Our Zones of Regulation'

The ZONES of Regulation® Reproducible S

The Six Sides of **Breathing**



'Our Zones of Regulation'

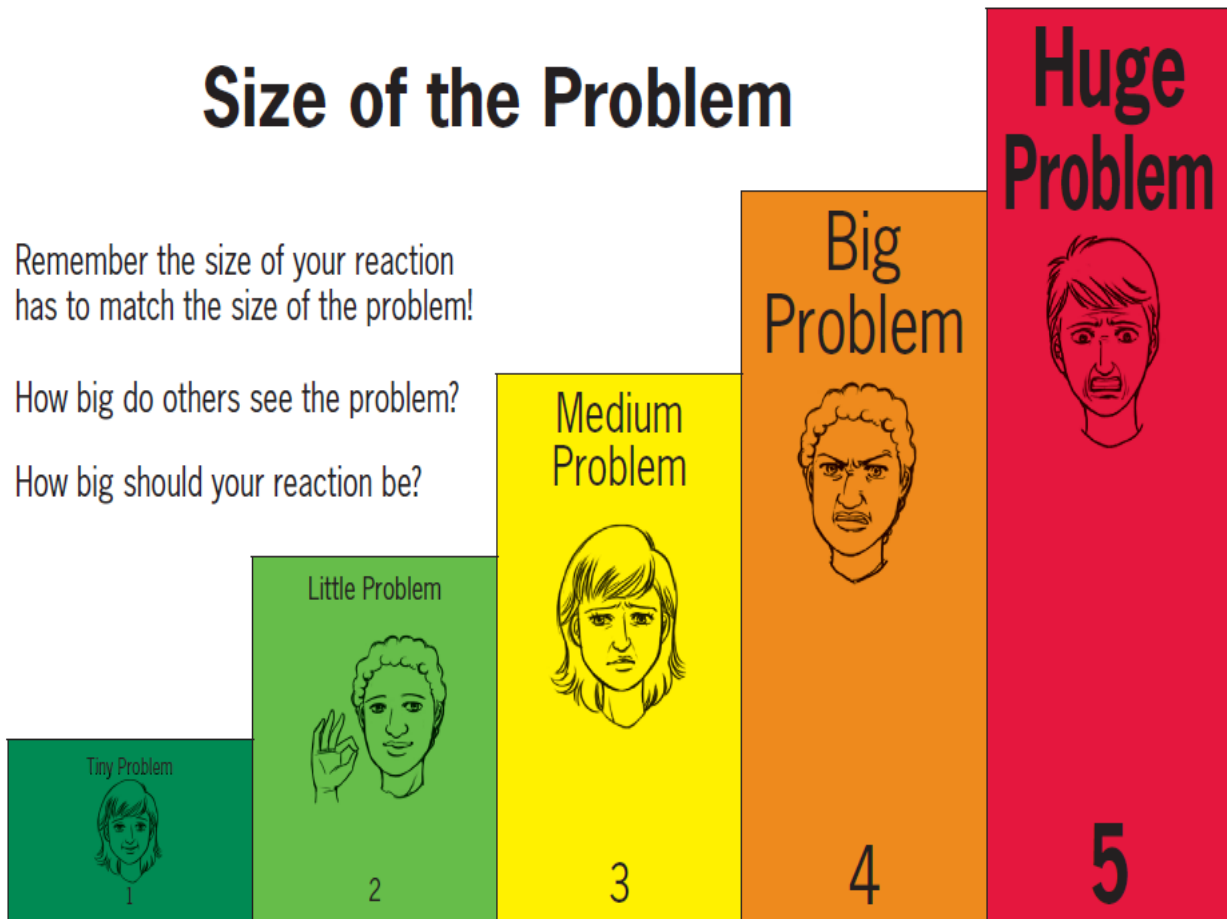
The ZONES of Regulation® Reproducible W

Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



How you can be kind to yourself...



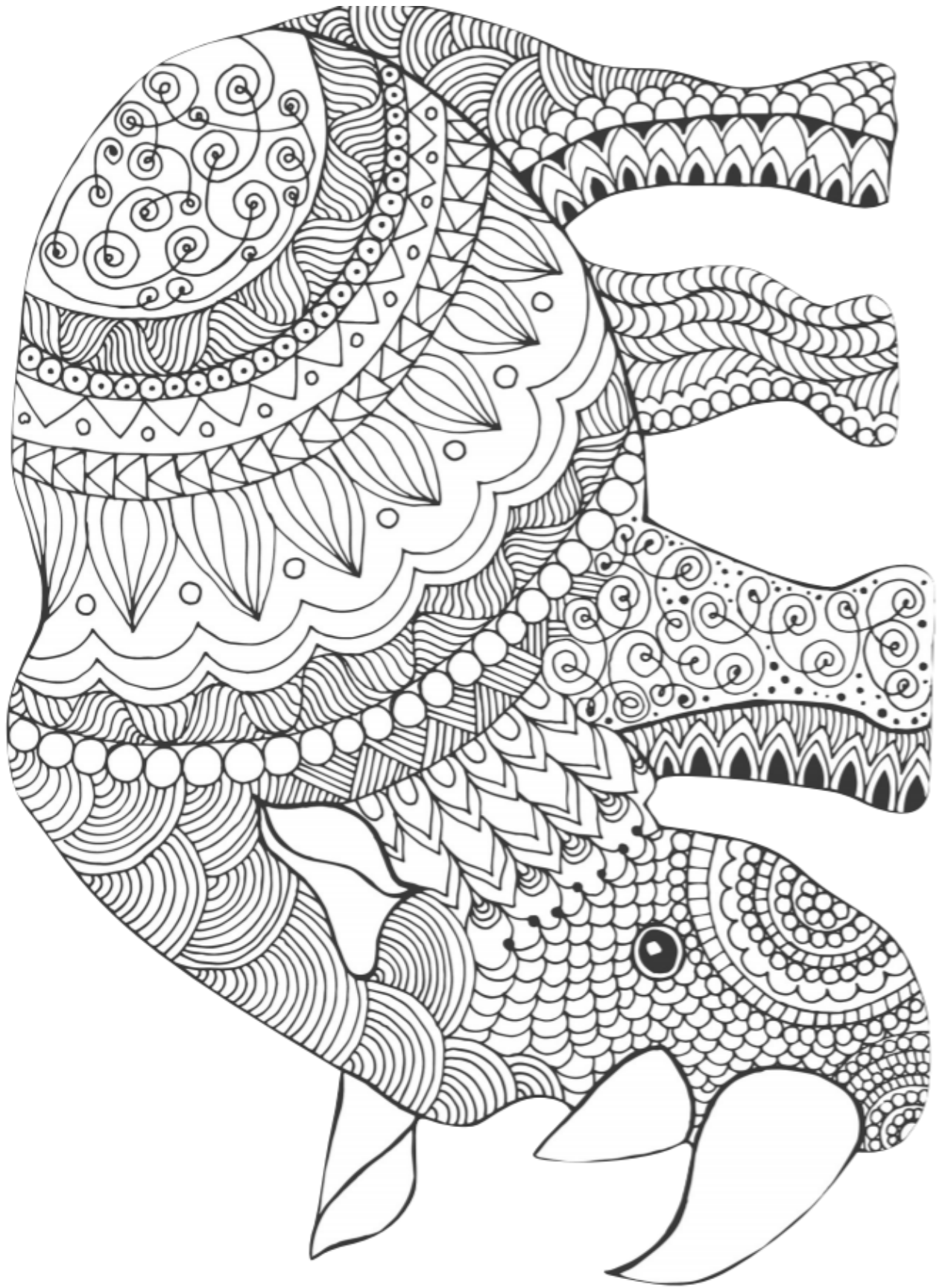
We are often kind to others but how often are we kind to ourselves? Can you fill in the hearts below with your own ideas of how you can be kind to yourself?

A collection of hearts of various sizes and colors (purple, blue, green, light blue) scattered across the page. One large blue heart in the upper center contains the text "Remember to smile and laugh". A smaller blue heart in the lower right contains the text "Be Kind". The other hearts are empty outlines for a writing activity.

Remember when you are not feeling yourself try some of the activities below they might make you feel better.

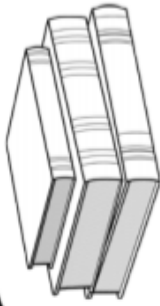
<p>Dance to your favourite song</p>	<p>Think of a happy memory</p>	<p>Smell your favourite smell</p>	<p>Talk to a friend</p>	<p>Think of 3 solutions to your problem</p>
<p>Take some deep breaths</p>	<p>Do five star jumps</p>	<p>Write down how you are feeling</p>	<p>Say you are sorry</p>	<p>Think of a happy time</p>
<p>Ask for help</p>	<p>Think of three best moments of the day.</p>	<p>Make a list of things that you are good at</p>	<p>Do a body stretch</p>	<p>Watch TV</p>
<p>Have a drink</p>	<p>Imagine your favourite place</p>	<p>Have a nap</p>	<p>Do some colouring</p>	<p>Hug a toy</p>



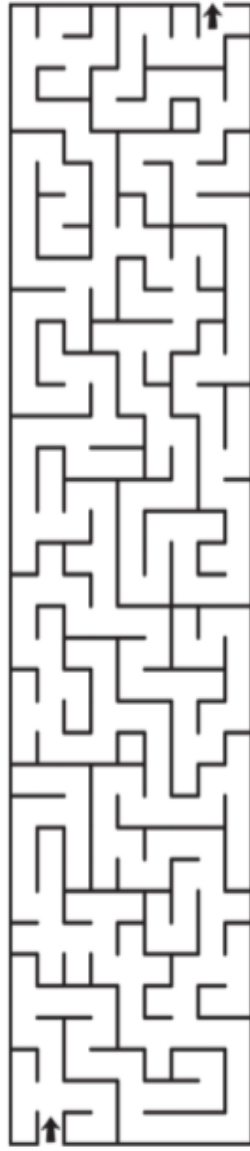




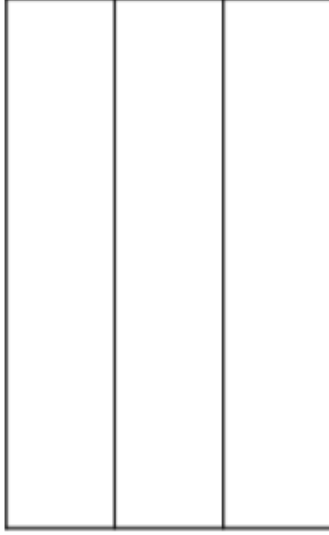




Get ready to learn!



Fill the bookshelf with books.

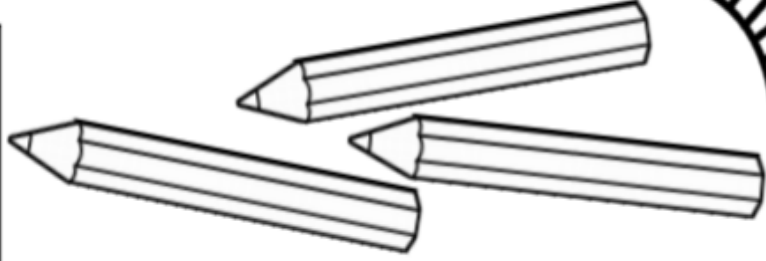
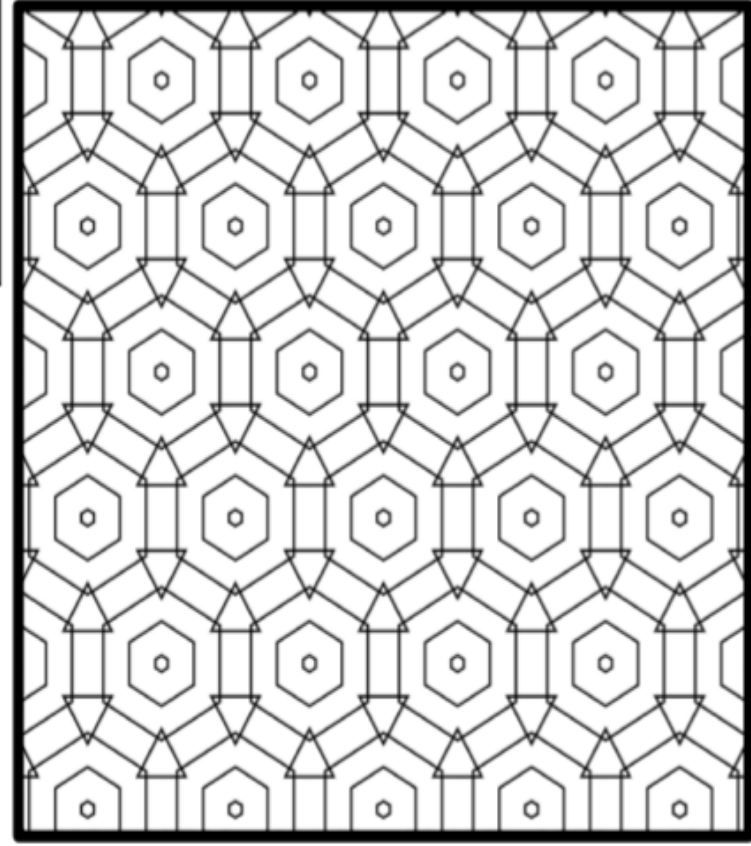


How many words can you make from the letters in the word

LEARNING

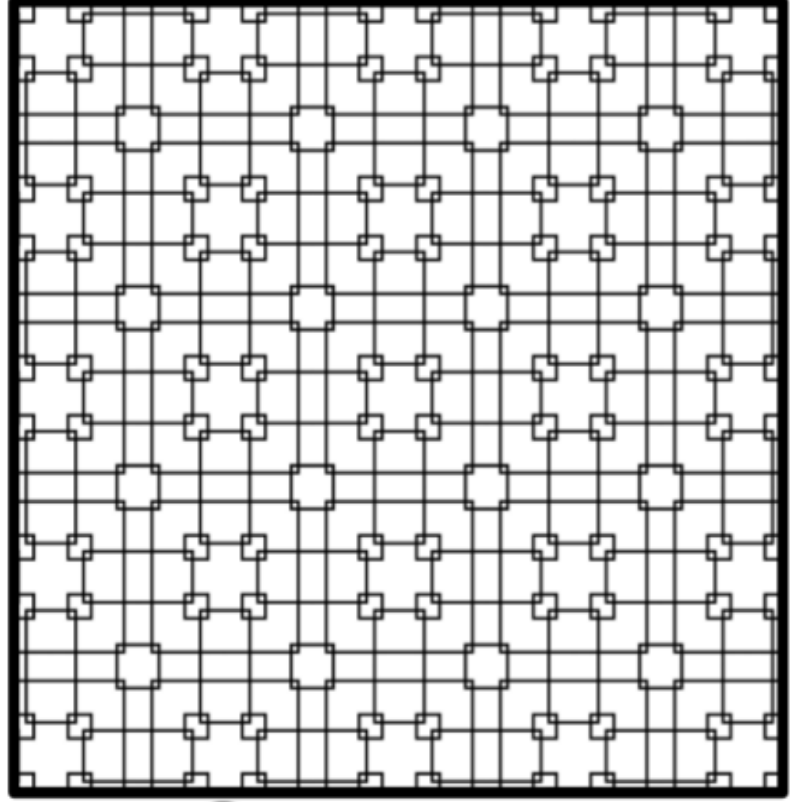
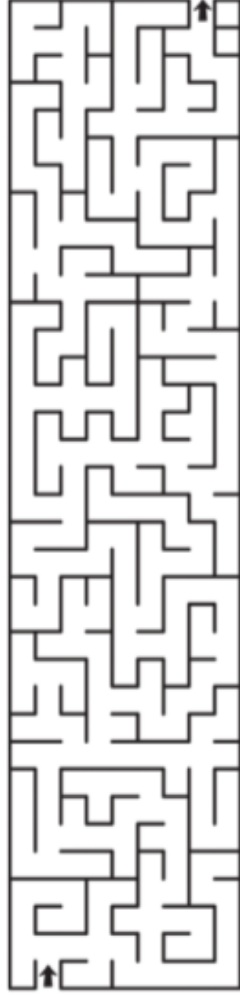


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Be persistent!

When might you need to be persistent?

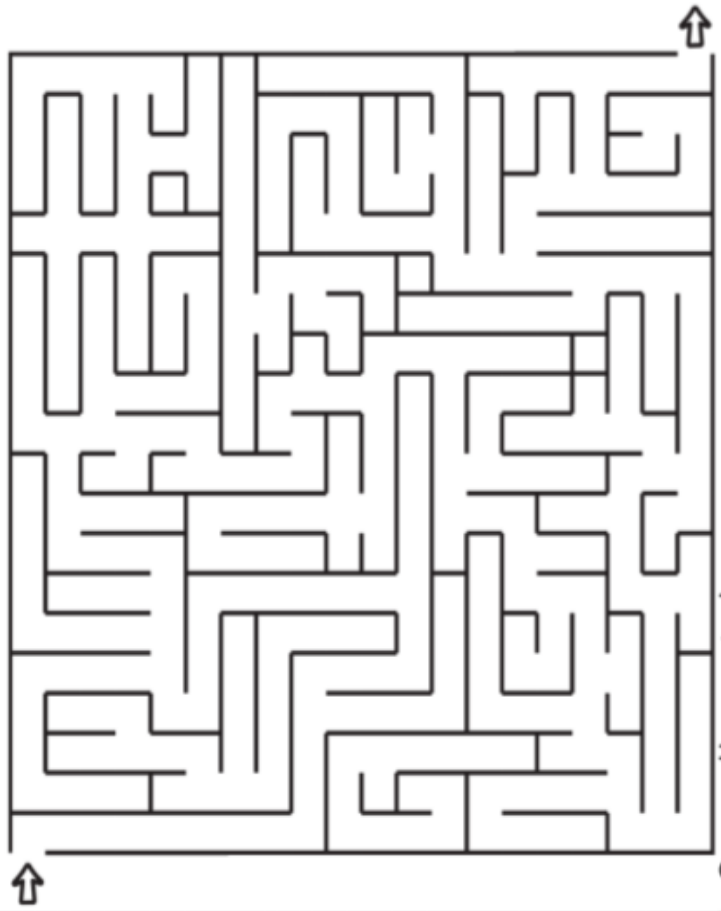


Someone famous
who has shown
perseverance is...



**DON'T GIVE UP.
NO MATTER WHAT!**

I will improve!

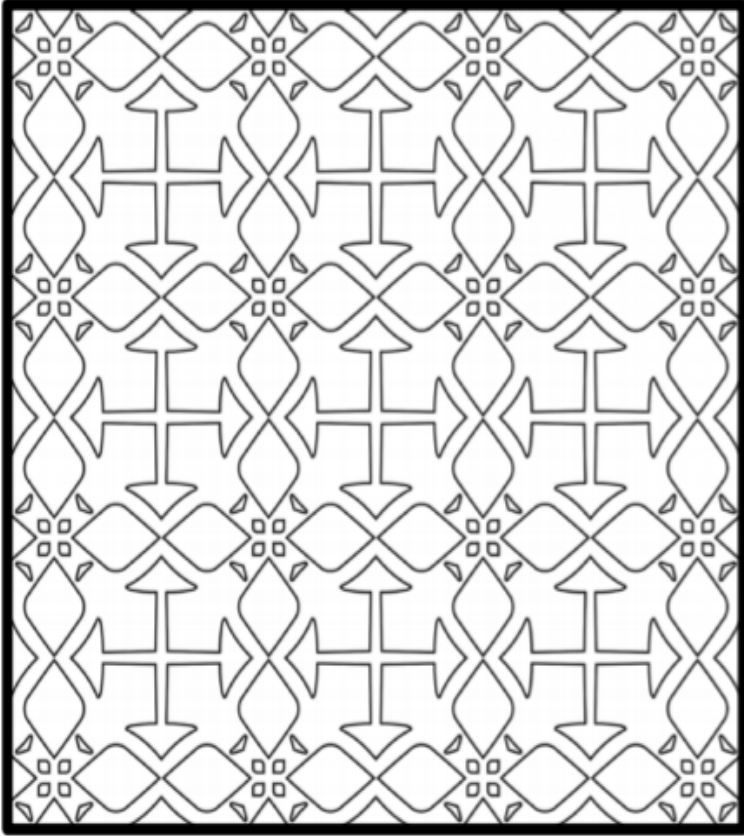


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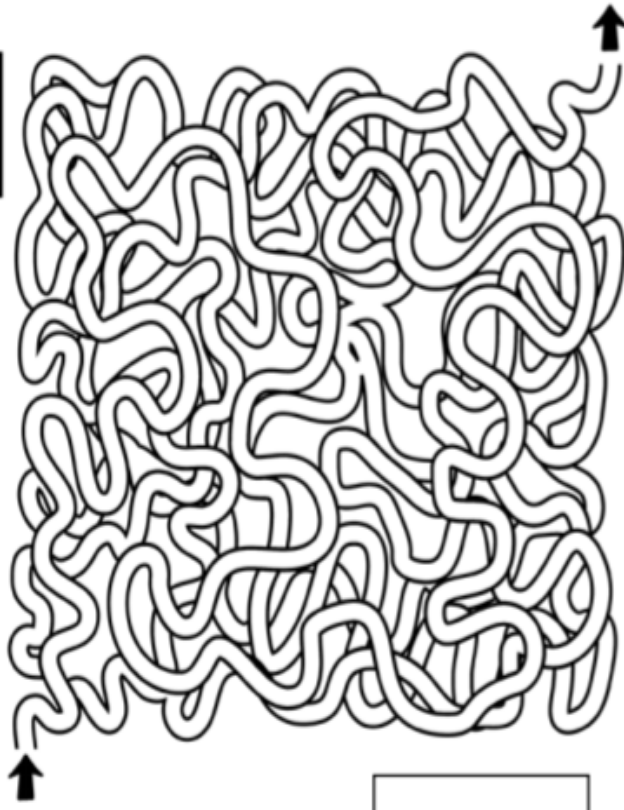
I want to get better at _____

What are some ways I can improve?

Mistakes will help me learn!



Mistakes help my
brain grow.

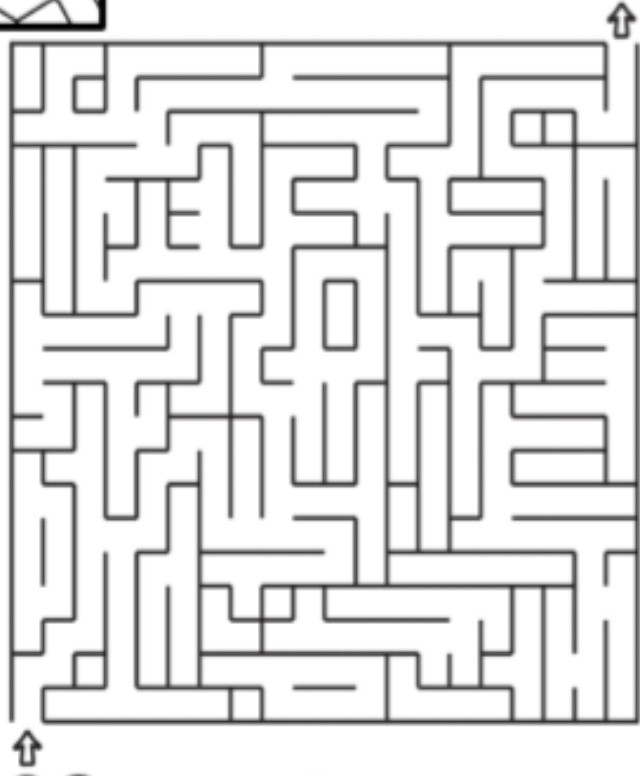
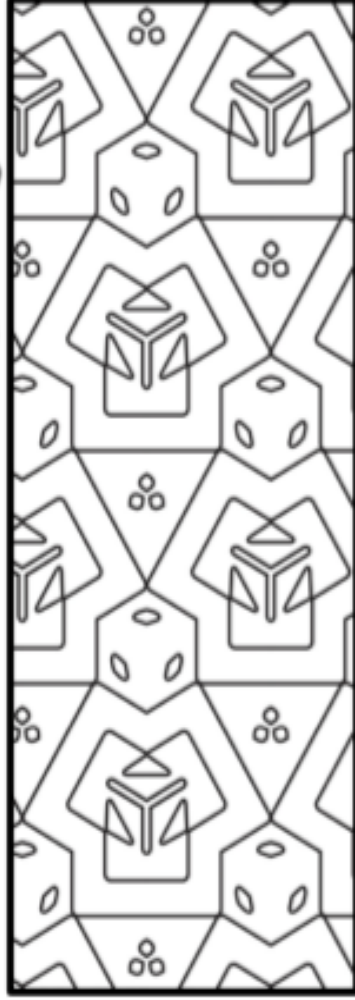


oops!
When I make a mistake, I can...

My brain likes
to be challenged!



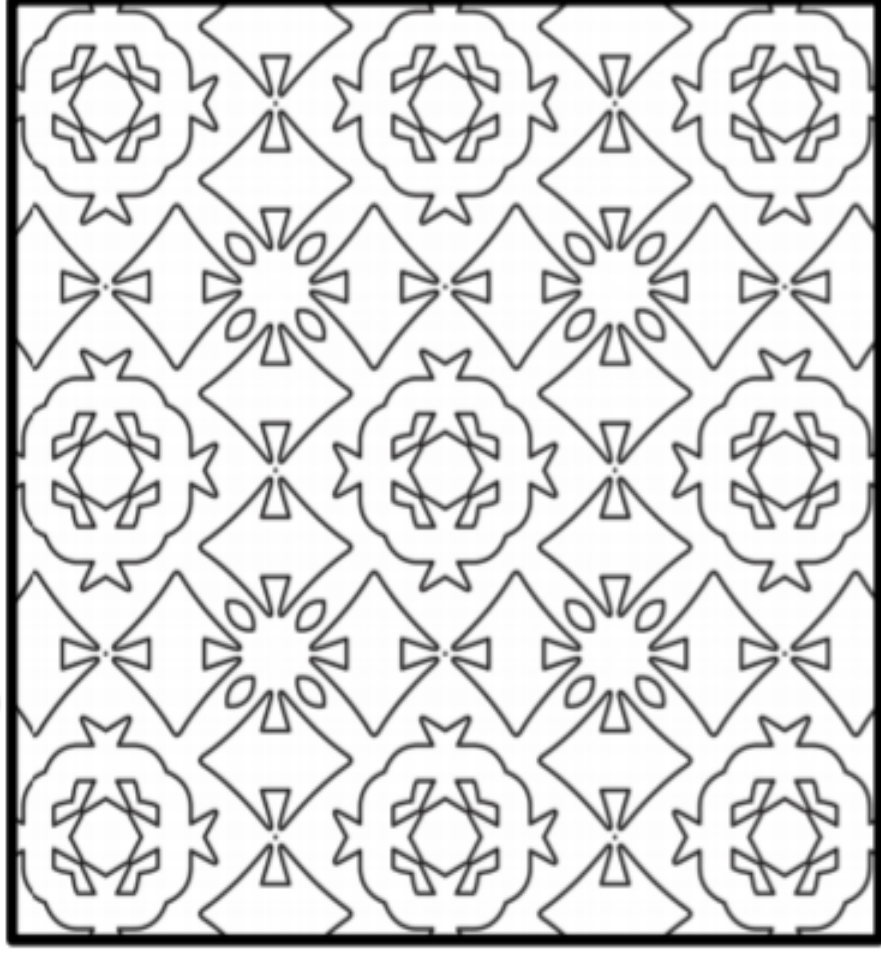
**When things are hard for me,
I need to keep trying.**



Something that was
once hard for me but
is now easy is...



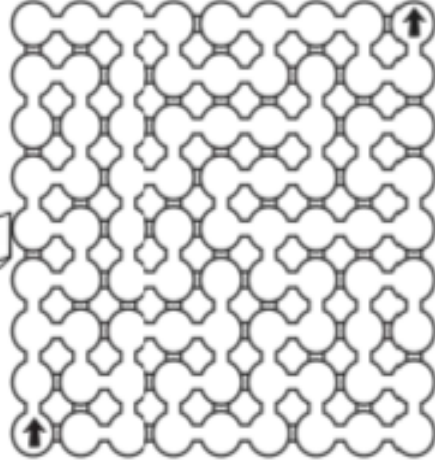
In our classroom, we
encourage each other!



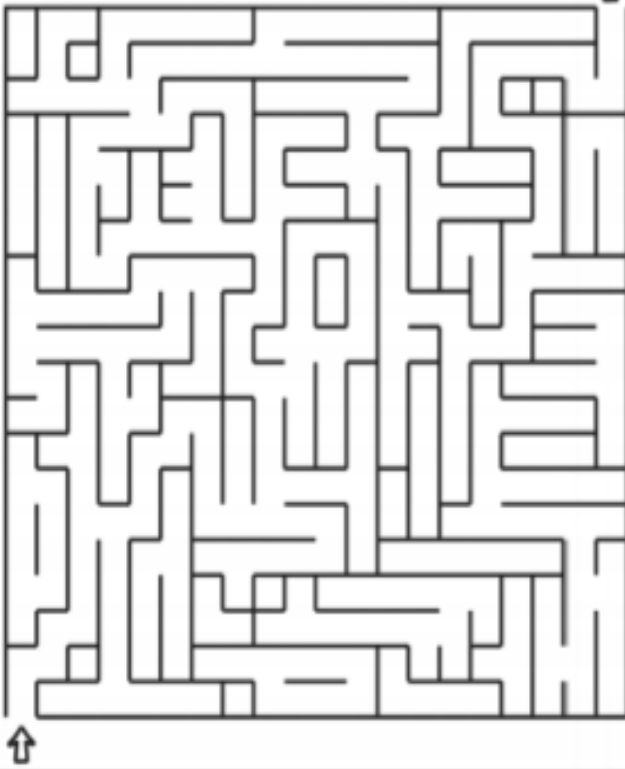
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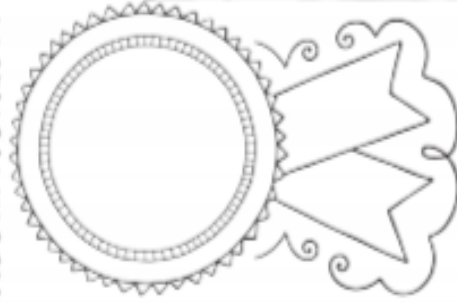
I CAN
ENCOURAGE
OTHERS TO
DO THEIR
BEST AND
BE KIND TO
OTHERS.



Thinking about my day...

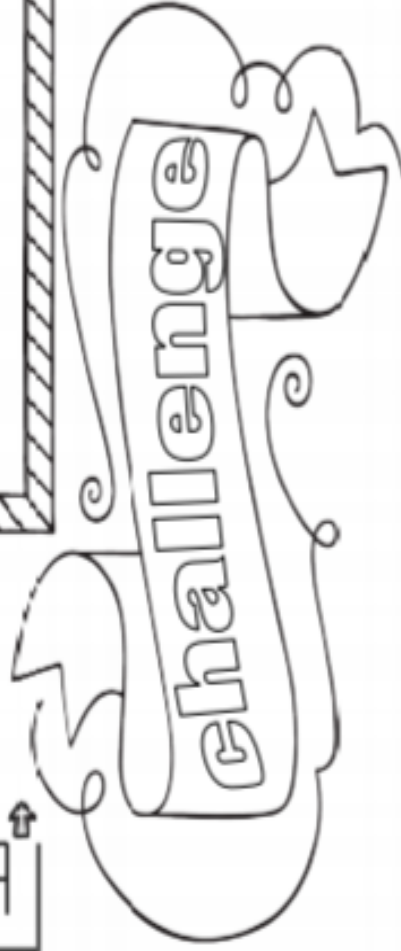


today I would give
myself A PADGE for...



A memory from my day-

What did you do today that
made you think hard?





A growth mindset helps me learn!



I believe that a growth mindset is important because...