

ZONE Corners

Materials Needed:

- Four Poster boards (1 green, 1 yellow, 1 red, & 1 blue)
- List of scenarios

In each corner throughout the room there will be a colored poster board. One corner will have a poster that is blue, and it has a list of emotions that correlate with blue. This will be the same for the green, yellow, and red posters. The students will have knowledge of what emotions correlates with what color zone before the activity takes place. All the students will stand in the center of the room and the teacher will read a scenario to them. Once the scenario is read, the students will move to the wall that represents the zone they would or have been if that scenario were to happen. Once all students are in the chosen corner, the teacher will go around to each student and have the student tell the class what zone they are in and why. The goal is for the students to be able to express what they feel using complete sentences. It will allow for everyone to see that scenarios will make everyone feel different.

Utilizing an activity as such is a great way for students to learn how to express the way they feel in given scenarios. They are also able to learn and understand that their peers may feel different in scenarios than they do because of other reasons. Doing it with prompts such as the scenarios gives the students a specific moment in time that they have to think about. If you were to just ask some students name a time you were in the red zone and why, they may really struggle with remembering a specific time they felt that way and why. Giving them a prompt leads to more success and a higher amount of confidence with their answer. It is so important, throughout this activity, that the students learn it is normal to fluctuate throughout the four zones

in life. There is going to be times that they are in the red, which is ok, but they need to learn how are they going to get themselves back to the “green”.





I am in a Moderate Cognitive Impairment room and every day we stick to nearly the same schedule. Our day starts with getting the students off the busses, going to breakfast, coming back to class for morning meeting, writing groups, specials, science/social studies, independent reading, lunch, recess, math, recess, snack, and group reading. I believe the activity will fit most appropriately during our morning meeting. Every morning we try to have a different topic to discuss with the students and each student gets their own time to share in front of the whole group. It is the time of the day that we focus so largely on speaking in front of the class using complete sentences. An example morning meeting question that we have asked before is “What are you looking forward to doing this weekend and why?” We are really working with the students on them being able to express why they may feel that way in the given situation with complete sentences. This activity will allow them to get up and moving while learning how to express why they felt the way they did in many scenarios. The students will start to recognize that everyone may feel differently in scenarios for different reasons.

Possible Scenarios: “How do/did you feel when.....” “Did you do anything to calm your body down?”

- “You have to clean your room, but you are playing with your toys”
- “You woke up this morning”
- “You are playing outside, but mom said it was time to come in”
- “You eat lunch with your friends”
- “You play at recess with your friends”

- “You go to the doctors”
- “You are in line and one of your classmates’ cuts in front of you”
- “You are sharing a story with the class and someone starts talking at the same time”
- “When it’s your birthday”
- “You get on the bus”
- “You leave school”
- “You have to do math”
- “You have to read”
- “You go to specials”
- “You go to the grocery store”
- “You have to go to bed at night”

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>

Copyright © 2011 Think Social Publishing, Inc.
This page may be copied for the purposes of educating students and other professionals.