

Mickan Valentine

5/6 Rm 19b

Lettuce get to Know



Cheesiest Joke

Why was six afraid of 7? Because 7 8 9.

What do you call a Cavemans fart? A blast from the past.

What do you call a fish with no eyes? FSH

Knock, Knock? Who's there? Orange. Orange you glad I didn't say apple.

When do Ducks get up? At the quack of dawn.

Why was the toilet paper rolling down the hill? Because it needed to get to the bottom.

Why do golfers have to bring a spare pair of socks? In case they get a hole in one.

Key Points for Zones

- The Zones are what we feel on the inside
- There are not good and bad zones - All Zones are okay
- The Zones don't go in order but the size of the reaction we feel grows
- The Zones overlap
- The Green Zone is not always the goal
- The Zones are based on feelings, not behaviours
- Our goal is not to stay in or out of a Zone, but be able to identify which Zone(s) you're in and what you can do when in them



Zones of Regulation

RED ZONE

When in the red zone you could feel angry

Mad, You could lash out, Say hurtful things

And its ok if you feel this way but you need to use strategies to get back to the green zone. You can do this by doing meditation. You can get out of this zone by doing bird breathing or roller-coaster breathing.

YELLOW ZONE

The yellow zone means you can be silly, exhausted, or other things like this. To try and move out of the yellow zone you can have time in the reset zone, eat something or have some deep breaths with finger tugs.

GREEN ZONE

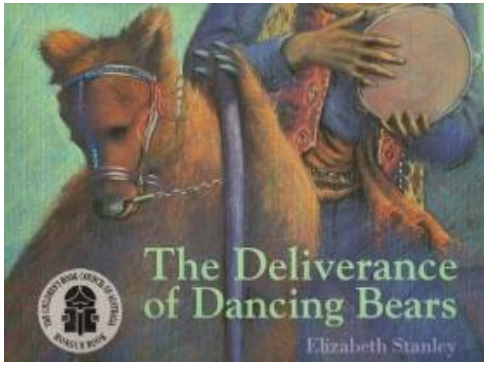
- Calm
- Excited
- Good to go
- Ready
- Awake
- Energetic
- Creative
- grateful

When you are in the green zone you are ready to learn with your class and are really calm and respectful to all of your peers. It is good to be in this zone but everybody goes into a different zone at different times. At some moments we need to be in the green zone.

Blue zone

If you are in the blue zone you can feel tired, sick, bored and/or sad.

Ways to get out of this zone is to try and have some water, have something to eat, go to the reset zone or move your body through some fitness.



As a class we have been studying **The Deliverance of the Dancing Bear**, by *Elizabeth Stanley*. One of the parts of the story we have focused on is Morals and what they mean. Below is a list of Morals we thought of:

Morals/ Sayings

- Don't judge a book by it cover
- The grass isn't always greener on the other side
- Treat people how you want to be treated
- If you don't have anything nice to say, don't say anything at all
- Be kind, you don't know what someone else is going through.
- An apple a day keeps the doctor away

Word wall Spotlight- The Deliverance of Dancing Bears

