**Zones of Regulation Home Learning Ideas**

* Make a Zones poster to explain how you feel in each zone.
* Watch one of the video clips and discuss how the characters are feeling, relate this to the zones; <https://www.youtube.com/playlist?list=PLrxGuv-vBhuRWZMp_IZI94njhhQ5sZi3e>
* Use an empty water bottle to make a calm bottle to use when in the red or yellow zone;
  + You will need a jar/bottle, warm water, 60ml glitter glue, 3 drops gel food colouring, 80g glitter.
  + Add warm water to your jar or bottle until it reaches around a third of the way up.
  + Add the glitter glue and stir until it combines with the water.
  + Add around 3 drops of food colour and stir.
  + Pour in the glitter!
  + Top up your jar with the rest of the warm water, until it is almost full.
* When reading stories identify the characters’ emotions and ask your child when they experience that emotion.
* Watch a Disney film; stop to talk about what is happening and what zone the character might be in. How could the character get back into the green zone?
* Try out some of the zone tools, which tools does your child prefer to use and when?
* Explore some mindful activities to help your child stay calm:
  + Cosmic Kids Yoga (YouTube)
  + Colouring and drawing
  + Listen to calming music
  + Cloud watching
  + Go on a sensory walk around the house and garden (what can you hear, see, feel and smell?)