

Home



School

# The ZONES of Regulation®

Linking our Learning

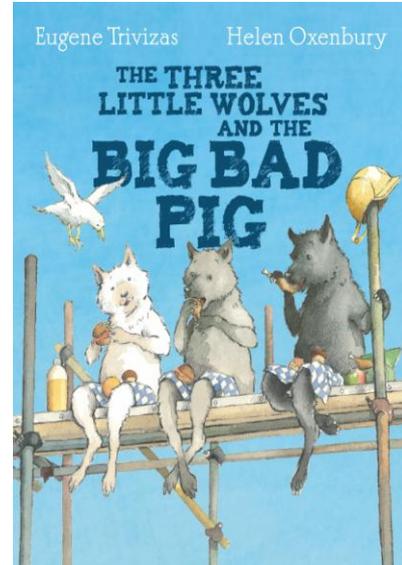
**Friday 12<sup>th</sup> July 2019**

## Our Learning this Week:

In Literacy, we have been reading our twisted fairytale 'The Three Little Wolves and The Big Bad Pig'. In our year one literacy books we have been writing about the difference between The Big Bad Pig's behaviour at the start of the story and at the end of the story.

In Maths, we consolidated our previous learning of a variety of topics.

We have also been learning about the Zones of Regulation. This is now a school adapted framework; it teaches children positive coping and regulation strategies. There are 4 zones and we have been teaching children what to do to get back in the 'green' zone.



## Next Week

We will be continuing our learning around the zone of regulation (see bottom of next page on this document to learn strategies for home too!). It's working quite well in Reception and the children have been using the language to express how they are feeling and using the strategies to self regulate.

At some point this week, we will be taking a trip to the local grocers in the morning to buy some fruit then we will be making fruit kebabs in the afternoon!

We are very excited about our trip to Hanwell Zoo on Friday 19<sup>th</sup>!



## Guided Reading

Please return any guided reading and/or library books.



## WOW Books

Write or draw about your favourite part of Reception!



## Soft start

No soft finish next week as we have our Hanwell Zoo trip. This also means there are no more Soft Finish sessions for the rest of the year. Thank you so much for attending and your ongoing support, it is so appreciated.

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### Hanwell Zoo Trip

Our trip to Hanwell Zoo is on 19<sup>th</sup> July. If you have volunteered or wish to volunteer, please make yourself known to the class teacher or an EYP. We really appreciate it!

### Reminders

**Guided Reading-** Can you return any outstanding guided reading and library books that may be at home.

**Wow Books** – On Wednesdays, can you bring your WOW Books inside as children are going to start sharing them to the class on Wednesday mornings.

**Toys-** Do not allow your child to bring toys to school.

### Diary Dates

**Friday 19<sup>th</sup> July-** Hanwell Zoo trip

**Monday 22<sup>nd</sup> July-** Teddy Bear’s picnic (AM)

**Tuesday 23<sup>rd</sup> July-** 1:30pm finish- School’s out for the summer!



Angry, Focused, Very strong feelings	Frustrated, Confused, Stressed	Excited, Anxious, Silly, Nervous	Happy, Alert, Engaged	Calm, Content, Focused	Sad, Tired, Bored	Upset, Distressed
Belly Breathing Meditation Colouring Sit on a bean bag (or in a comfy spot) Stretching (yoga)	Belly Breathing Meditation Stress ball/tactile play Have a snack Colouring	Drink (water) Belly breathing Wall pushups Go for a short run or jog Stretching (yoga) Jumping/bouncing	Conversation Praise Engage with child	Conversation Praise	Jumping/Bouncing Push ups Climbing Drink (water) Have a snack Reading Singing/Music	Sit on a bean bag (or in a comfy spot) Take a walk Go for a short run or jog