



YEAR 1 PSHCE, ZONES OF REGULATION & GROWTH MINDSET

ZONES OF REGULATION

Blue	Green	Yellow	Red
			
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

Sometimes we find it hard to speak about our feelings. We use the zones of regulation to check in twice a day at school. This way our teachers can see if we need some extra support with our feelings.

We also talk about ways we can make ourselves feel better if we are feeling unhappy or angry.

Using your growth mindset means always trying your best and trying to use a positive outlook on learning. Have you got a growth mindset?

