

Counselor Corner

SEPTEMBER 2021

WHAT IS SELF-AWARENESS?

Self-Awareness is accurately recognizing our own emotions, thoughts, and values and understanding how this can influence our behaviors and choices.



ZONES OF REGULATION

- Students are learning an easy color coded zones tool to help with identifying & understanding feelings and emotions
- Naming our emotions is the first step in understanding what we need to help ourselves

HIGHLIGHTS OF THE MONTH

- September is Suicide Prevention Awareness Month
 - *Flicker of Hope* by Julia Cook is a story about being hope builders for others and encourages asking for help during tough times ([read aloud](#)).
 - Crisis Hotline & Emergency Resources: [CLICK HERE](#)

S O C I A L - E M O T I O N A L L E A R N I N G

In The Classroom:

Students are learning about:

- Identifying, understanding, and labeling emotions
- Connecting emotions to their personal experiences
- Learning how our body feels when experiencing different emotions

At Home:

- Book Resources:
 - Parents: [All the Zones are OK! Tips For Managing the Zones You're In](#)
 - K-2nd: *Color Monster* by Anna Llenas ([read aloud](#)).
 - 3rd-5th: *My Incredible Talking Body* by Rebecca Bowen ([read aloud](#))
- Activities: [Emotions Scavenger Hunt Game](#)
- Videos: [Overview of the Zones of Regulation](#)

All About The Zones of Regulation

ZONES OF REGULATION



WHAT ARE THE ZONES OF REGULATION?

These four colored zones can help us describe how our brain and body feel during different emotions:



HOW WILL THE ZONES OF REGULATION HELP MY STUDENT?

- Identify feelings and give an easy vocabulary to expressing emotions
- Learn healthy coping tools for each zone
- Understand when & how to use coping tools
- Problem solve positive solutions for one's self and interacting with others
- Understand how our behaviors influence others' thoughts and feelings

"This is really frustrating me and making me go into the Yellow Zone"

"I'm in the Blue Zone right now because I am feeling tired"

"Right now I am in the Red Zone because I'm feeling angry"

TIPS FOR USING THE ZONES OF REGULATION AT HOME

- When expressing our emotions at home, we can help kids understand what zone we may be in:

ZONES OF REGULATION ACTIVITIES AT HOME

- Make a Zones of Regulation poster at home together (click [HERE](#))
- Play a game of charades where family members act out different emotions. Others can guess the emotion and what zone color that emotion falls into. Click [HERE](#) for a link to additional games to play at home.