

TEACHING FOR CREATIVITY in PSHE



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LESSON 1

EMOTION & COMMUNICATION

Emotions what are they, how to use them and their consequences

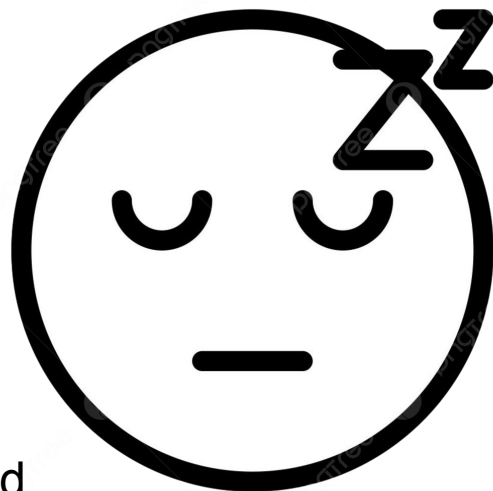


What Zone Are You In?

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control



Sad



Tired



Calm



Wobbly



Sick



Worried



Frustrated



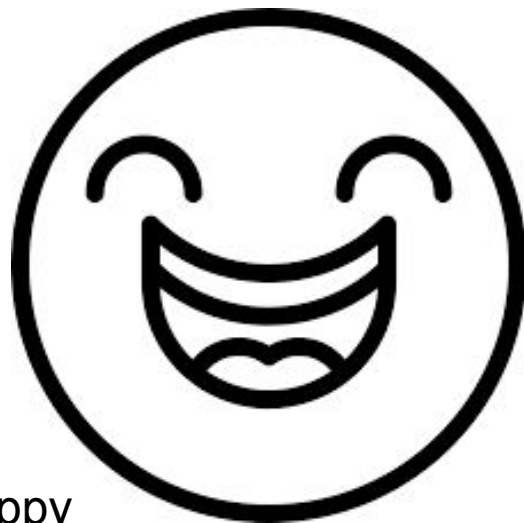
Excited



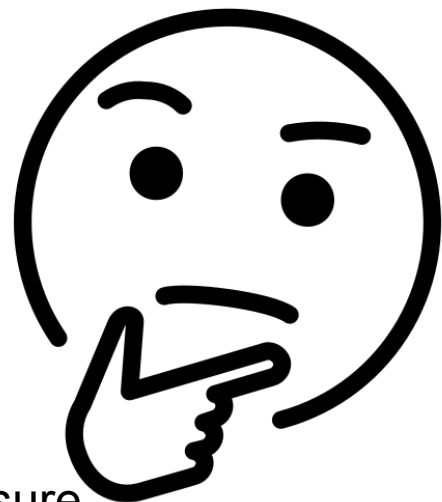
Happy



Angry

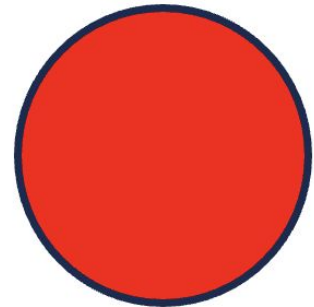
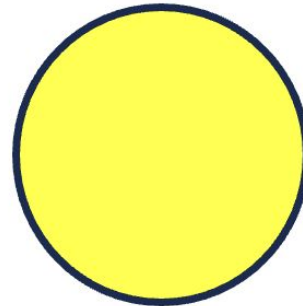
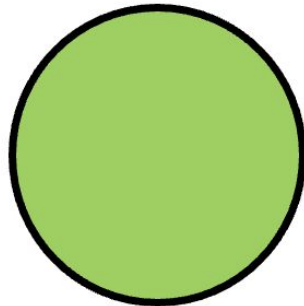
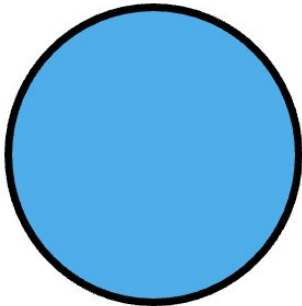


Happy



Unsure

The **ZONES** of Regulation



Negative:

I feel angry because... I want the same chocolate bar as my sister

Positive:

So we will share the choc bar and have half each.

Outcome:

Anger turns to joy!

Negative:

I feel because

Positive:

So I/we will

Outcome:

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