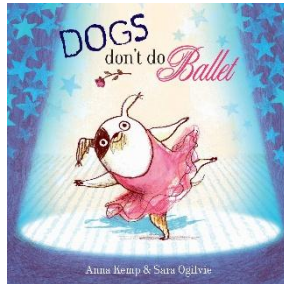




PSHE – Think Positive

NO OUT SIDERS



The ZONES of Regulation



Can you identify which zone you are in?

Do you know how to get yourself to the green zone?

What does it mean to be 'assertive'?
 Can this be difficult at times?
 How does this book link to no outsiders?



Positive	Positive things make us feel happy, calm, safe and relaxed. They mainly put us in the green zone.	Emotions	Another word for feelings. Everyone has emotions, and they can be positive or negative.
Negative	Negative things may make us feel sad, angry, anxious, or generally unhappy. That doesn't mean these are always bad, but most people wouldn't choose to feel them.	Change	When something is different to how it used to be. This might be moving home, living with different people, or having a new teacher.
Mental Health	Our mental health is how we think and feel. Mental health can change often – we can have good days or bad ones.	Mindfulness	Mindfulness is noticing what is happening right now. It is focussing on our senses – what we hear, see, feel, smell or taste. It's also about noticing your mind and how you are feeling.
Endorphins	Chemicals that are released during exercise that help people feel happy and positive.	Strategies	Things you can do to cope with changes and emotions, such as deep breathing, taking a walk, or talking with a friend or trusted adult.