

















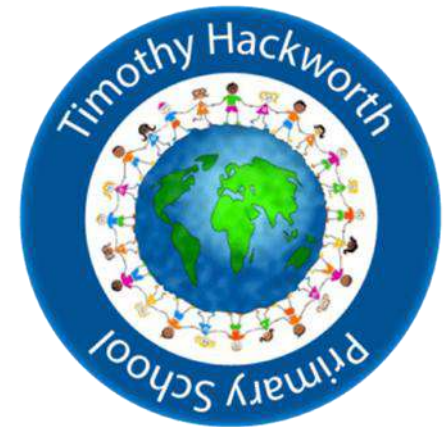
Friday 31<sup>st</sup> January 2025

# How are you today?



## The ZONES of Regulation®

 	 	 	 
 	 	 	 
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control



# Children's Mental Health Week 2025

- CRC Article 13: All children have the right to information.
- CRC Article 12: All children have the right to say what they think and to be listened to.
- CRC Article 24: All children have the right to the best possible health.
- CRC Article 29: All children have the right to be the best that they can be.



# Learning Objectives:



- To know and understand a range of emotions.



- To know it is ok to feel different emotions at the same time.



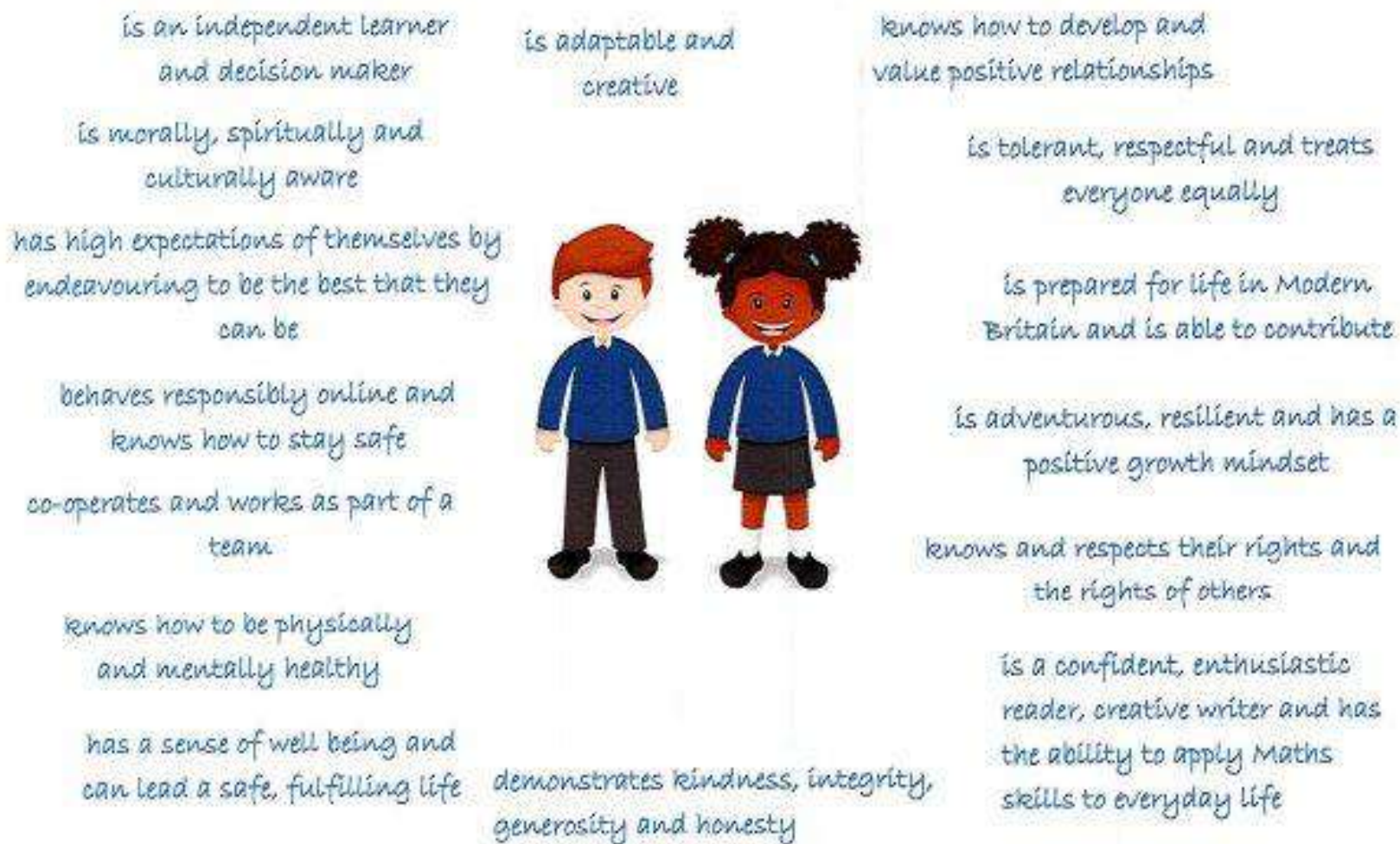
- To know that understanding our emotions helps us understand ourselves better.



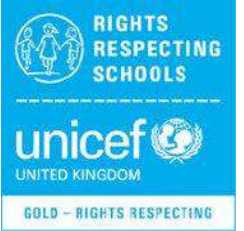
- To be able to say some things we do well and some things we would like to do better.

## Article 29: All children have the right to be the best that you can be.

### The Timothy Hackworth Child





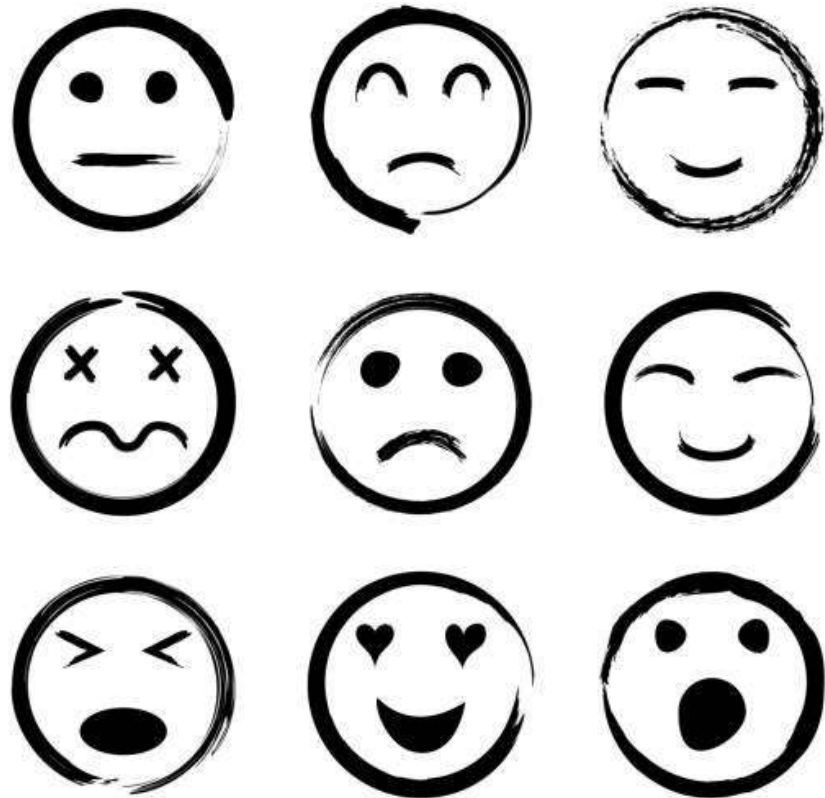


## Individual Liberty

I am responsible for my own health and wellbeing and for managing my emotions in the best way I can.

# Starter: How many emotions can you spot? How might these link to the Zones of Regulation?

- <https://www.youtube.com/watch?v=nEUzQ7yL9A0>



## The ZONES of Regulation®

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This year, for Place2Be's Children's Mental Health Week, we have teamed up with the characters from Inside Out 2 to explore the importance of expressing our emotions.

Together, we will discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop.





The theme for this year is...

KNOW YOURSELF,  
GROW YOURSELF



Disney PIXAR  
**INSIDE  
OUT 2**





Talk to your partner about what you think **know yourself, grow yourself** might mean.

Remember, we are talking about our emotions.

When we take notice of ourselves and how we feel, we are able to make better choices and be more connected with our feelings and behaviours.

Noticing these things can help us recognise when we need support.

There are some things we love doing, and others that fill us with fear or disgust!



What are some of the things that give you joy?

What are some of the things that make you feel fear?

What are some of the things that make you feel disgust?

Talk to your partner.





# How well do we really know ourselves?

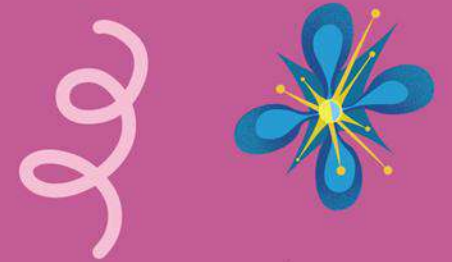
Sometimes we can feel like we are in the middle of a tussle of emotions - feeling joy, then sad, angry and jealous, all at the same time!

In the film, Joy takes Sadness' hand into hers and says to her friend, "Remember Sadness, wherever I go, you go too."

This shows us that it is normal to feel different emotions at the same time.

These emotions help us to understand ourselves better - what we like and dislike, where we feel comfortable and where we are scared.

**Discussion: Can you think of a time when you were happy and sad at the same time?**



I can and I'd like to learn to...

Think of all the things that you can do well. For example, riding a bike, being a good friend, counting to 20.

Now think of a few things that you would like to do better, improve on or learn.

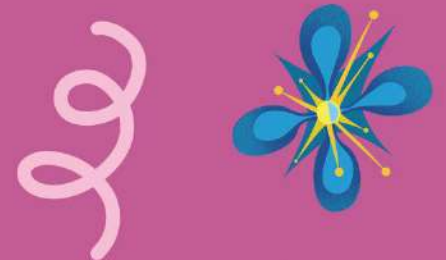
With your partner, share your list of skills and things you would like to improve. What emotions do the different activities make you feel.

How does it make you feel when you pick up an activity really easily?

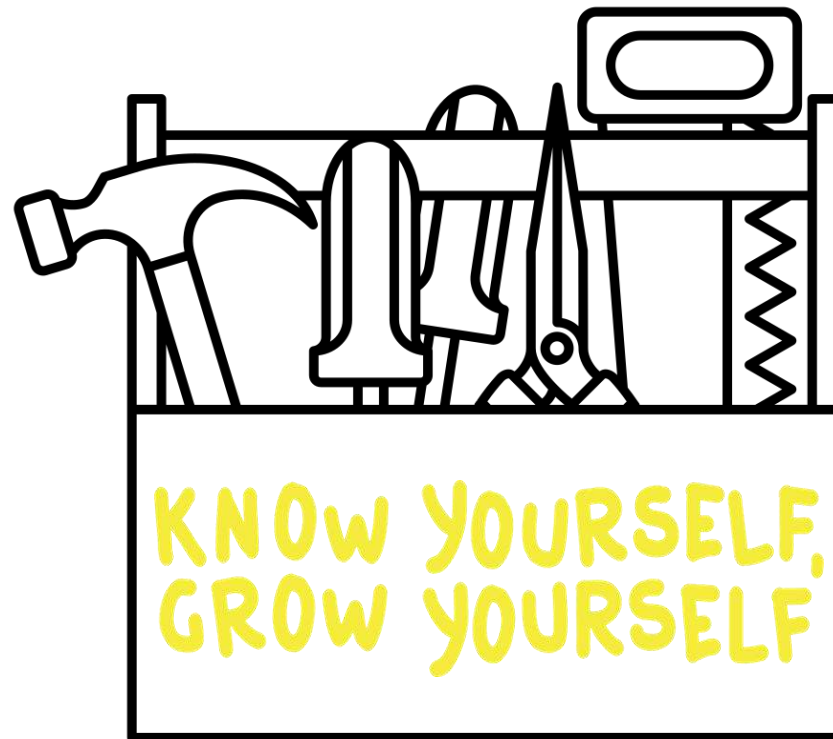
What emotions do you experience when an activity is challenging?

Finally, how might you develop some of the things on your 'things to improve' list? What might you need to do to make this happen?

Who can help support you?



- Can you now create your own mental health toolbox?
- In your toolbox, write all the things you think might help your mental health. Write a list on a post-it note.





# Reflection and discussion



*Understanding the consequences of behaviour and actions.*

**Do you feel you understand and manage your own emotions in the best way you can?**

# Reflection and discussion



*Respect and attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.*

How might understanding your own emotions better, help you understand how other people are feeling?

# Which of the 17 Global Goals have we focused on today?





# Which of the 17 Global Goals have we focused on today?



# The Global Goal descriptions



Goal 1 - End poverty in all its forms everywhere

Goal 2 - End hunger and ensure everyone has access to healthy and nutritious food

Goal 3 - Ensure healthy lives and promote well-being for all at all ages

Goal 4 - Ensure inclusive and good education for all people

Goal 5 - Achieve gender equality and empower all women and girls

Goal 6 - Make sure everyone has access to safe and clean water

Goal 7 - Make sure everyone has access to safe and clean energy

Goal 8 - Promote inclusive and sustainable economic growth so that everyone is able to have decent work prospects

Goal 9 - Build resilient infrastructure and ensure these do not harm the environment or people, and help companies to design and create new technologies and innovations

Goal 10 - Reduce inequality within and among countries

Goal 11 - Make cities and human settlements inclusive, safe, resilient and sustainable

Goal 12 - Ensure sustainable consumption and help to stop food waste

Goal 13 - Take urgent action to combat climate change and its impacts

Goal 14 - Conserve and protect the oceans and marine life

Goal 15 - Protect, restore and promote nature and the animals that live in it

Goal 16 - Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

Goal 17 - Create new partnerships around the world for the Global Goals



# Recommended reading after our lesson...

