




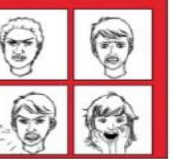
Mental Wellness Newsletter

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ZONES of REGULATION

The Zones of Regulation is a self-regulation program that most students are familiar with. Feelings/Emotions are divided into 4 COLOUR ZONES. Our GOAL is to be in the GREEN ZONE, however it's important to remember that all feelings/emotions are okay. Talk as a family about the different ZONES and think of the tools/strategies that you use to get yourself back into the GREEN ZONE.

The ZONES of Regulation®

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

<https://youtu.be/GaRFEVrwKWE>

Check out this great video on how Mojo learns about what he can control and how to have a positive attitude about the things he can't control.

Whenever you need to talk, we're open.



Text 686868

KidsHelpPhone.ca

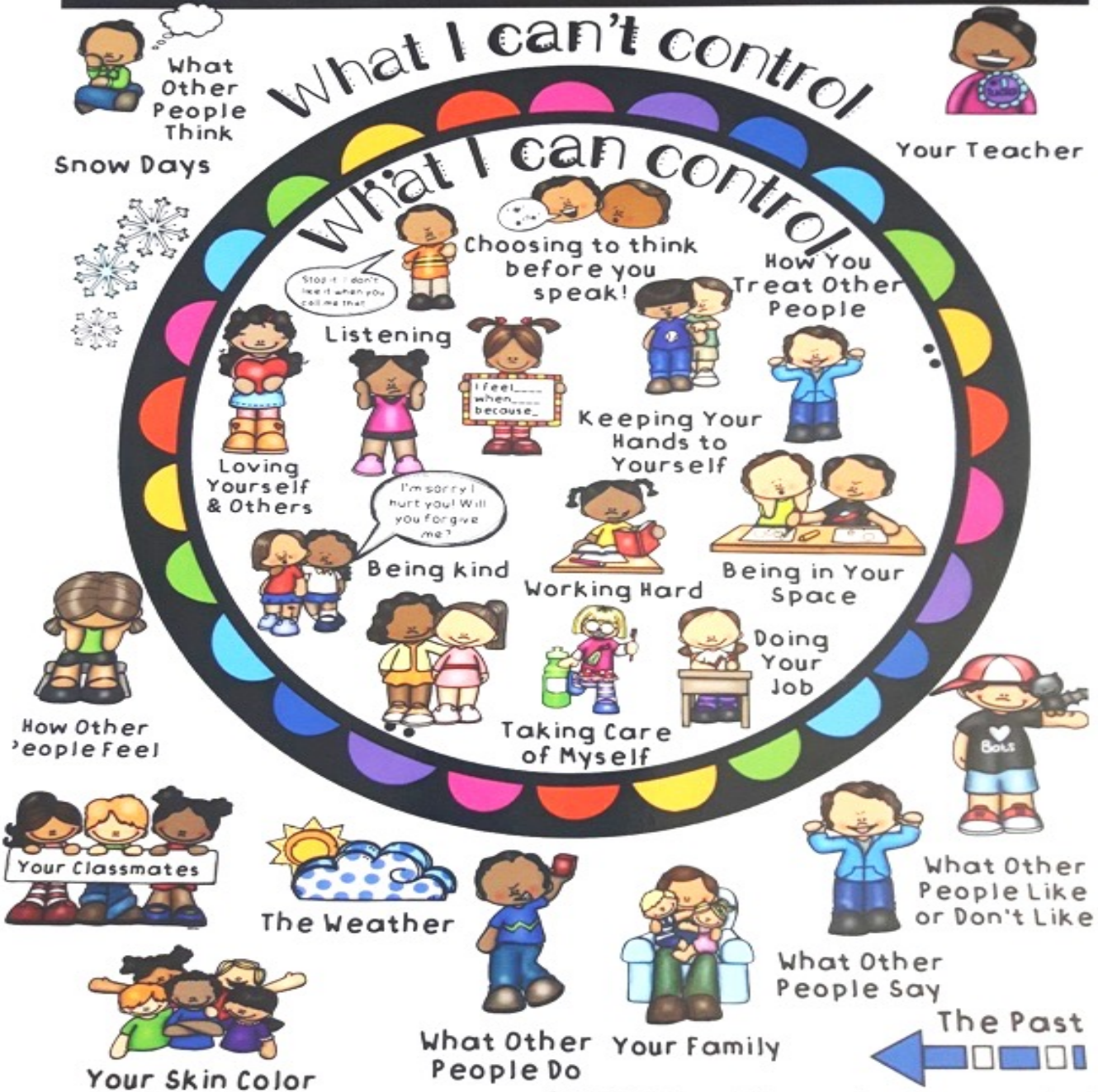
Call 1-800-668-6868

Kids Help Phone

There are many things in our lives right now that we can't control such as school being closed and not being able to see our friends and family due to Covid 19. But there are many things we can still control and one of the big ones is our mindset. We can choose to make the best of our situation and have a positive mindset. Look for things to be grateful for and ways to connect with others.



Circle of Control



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The mental health team has a new Instagram account! Check it out at [NNDSBSupports](https://www.instagram.com/NNDSBSupports) for all sorts of helpful tips, resources, and activities.