

Settling in week – a focus on Wellbeing

At St Peter's Eaton Square C of E Primary School, we will be using the first week of the children's return to school after lockdown to focus on pupil and staff wellbeing. This week will be centred around the 4 wellbeing focused themes identified by the charity Place2Be:

- 1.) Self-efficacy (book: The Hare and Tortoise)
- 2.) Hope (book: Noah's Ark)
- 3.) Gratitude (book: The Giving Tree)
- 4.) Connectedness (book: The Lion and the Mouse)

Plans for these sessions can be found attached to this document and should be personalised to suit the specific needs of the children in the class. All of the books can be found on YouTube and hard copies of the books can be found in school.

Proposed timetable for the day:

Session 1:

Assembly on theme for the day (often focused on a book)

Session 2:

Classroom activity based on the theme for the day ideas

Session 3:

A group work lesson (lessons in pack)

Session 4:

Zones of Regulation curriculum (see information below)

Additional Sessions:

Revisiting the school's behaviour expectations, how we learn back in the classroom (Talk partners, noise levels, growth mind-set to ensure your brain is ready to learn, resilience/making mistakes, active listening etc.) and The St Peter's Way,

Friday will be World book day celebrations.

'Together we will realise the potential God has given us'

Zones of Regulation

We have made the decision to embed Zones of Regulation across the whole school to support the recognition and regulation of our emotions and to build and practice using a toolkit to support ourselves. The Four Zones represent different emotional states. They are designed to help raise awareness of different feelings and how to regulate them.

The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone.

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The Blue Zone is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.

All of the Zones are expected at one time or another and no zone is a 'bad' Zone, but the curriculum focuses on teaching students how to manage their Zone based on the environment and people around them. For example, when playing on the playground or in an active/competitive game, no one would think twice about one being in the Yellow Zone but that would not be same in the library.

Strategies can be applied to move from blue or yellow to green to enable learning,
I am feeling sleepy in class: I could ask to go for a run round the playground or for a drink of water

I am feeling angry: I could take 3 deep breaths or ask to sit outside the class for a few minutes.



Day 1: Recognising and sorting emotions

Activity: Children, in small groups, will be given pictures of people's faces showing different emotions, with the emotion written under the image, to sort into their choice of groups.

Day 2: Introduction to the Zones of Regulation & Toolkit

Intro: Play 'Emotion Bingo' to recap on emotions from yesterday (use fewer emotions with younger pupils). Main: Introduce the Zones of Regulation and the toolkit to the class. Activity: Make their own toolkit.

Day 3: Me and My Zones

Show clip from 'The Incredibles' and discuss how each of the characters are feeling. What zone are they in? Activity: Children and all adults in the classroom to create their own booklet. Teachers to use pre-prepared scenario cards to support discussion and reference to Zones.

Day 4: Introducing classroom resources

EYFS/KSI:

Introduce the classroom Zones poster and Zones Toolkit poster and how to use them. Class teacher to move her name during the morning and see if the class notice.

KS2:

Introduce cards and toolkit poster.

Activity: children, using card provided, to make their personal table card using colouring pencils and decorate their name on the reversed side of the card.

Cards then to be laminated in class ready for Monday.