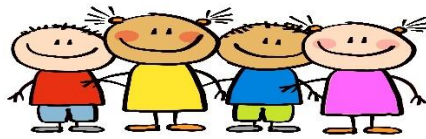




SEMH TEAM NEWSLETTER



Welcome to our second edition of the SEMH North Newsletter. We hope you enjoyed sharing the first edition with your children. In this edition, we will be introducing the Blue Zone from the Zones of Regulation, providing more background information on what this Zone is and how it works. Each newsletter we will be providing a new tool and strategy for you to share with your child/c children which we hope will encourage your child to express and explore their emotions.

WORRY BUBBLE



If you are worrying about things then use bubbles to take your worries away.

Imagine a worry as you blow your bubbles – watch your worries float away and start to feel calm and relaxed. You don't need to carry these worries around with you.

NEGATIVE THOUGHTS



At times we can all have negative thoughts which go round and round in our head. To encourage children to manage these, a good strategy is to write them down and then rip it up into tiny pieces and throw it away. This helps children to feel that they are taking charge of their emotions and thoughts and enabling them to move forward.

THE ZONES OF REGULATION



The Blue Zone is used to describe low states of alertness, such as feeling sad, tired, sick or bored. This is when your child's body/brain is moving slowly or sluggishly.

The Zones are used to help children develop emotional literacy, label their emotions and to identify their own 'toolbox' to regulate. A toolbox is a unique collection of calming and alerting strategies individually designed to support your child in regulating their emotions and to transition back into the Green Zone.

Here are some examples of tools that the children have been introduced to and are using within their school day. We encourage the children to share/discuss this with their parents/carers as having a consistent approach between home and school can really help to improve your child's emotional regulation and support parents to co-regulate, at home.



5 SENSES

The five senses is a grounding technique that helps you to refocus on the present moment and to distract from big emotions. This is a great tool to use when your child is feeling overwhelmed and needs help to regulate their emotions.



5 THINGS YOU CAN SEE



4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



DISCUSSION TASK

- You may be aware that the Inside Out Movie 2 is now available to watch at the Cinema. This film explores the emotions of “Anxiety and Embarrassment”. These emotions are within the **Yellow Zone**. Your child/dren will be discussing these emotions within the Zones of Regulation but if you'd like to explore this further, you can find out more about the film online

USEFUL LINKS

- www.bbc.co.uk/bitesize/parents
- www.place2be.org.uk
- www.youngminds.org.uk
- www.mind.org.uk