

April is OT Month!!

Port View Preparatory



Volume Issue April 2020

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Self-Regulation

What is Emotional Self-Regulation?

- The ability to manage, control, and adjust our emotions, behavior, energy level, and attention

Why is it Important?

- Help students label emotions and identify how they are feeling
- Teach efficient coping strategies

How Can You Help?

- Talk to your child/student and help them identify how they are feeling
- Help your child/student utilize appropriate coping strategies to help them regulate

Zones of Regulation

- Self-Regulation tool to help child/student identify, address, and use strategies to achieve self control and emotional regulation.
- Can be adapted for any child/student!

OT FUN

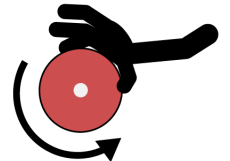
- Indoor/Outdoor scavenger hunt
- Red light, green light
- Balloon Volleyball
- Yoga
- Obstacle course with items around the house (e.g. stairs, pillows, couch cushion, balls, etc.)
- Find more regulating, at-home sensory ideas here:
<https://yourkidstable.com/proprioceptive-activities/>



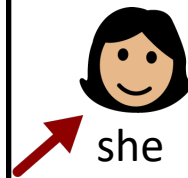
AAC Core Vocab



eat



turn



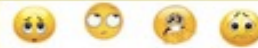
she



some

Yellow Zone

I need to take caution.



Worried, Nervous, Annoyed, or Upset

I can try these tools:



Take a break, get a drink, walk, or inner coach

Blue Zone

I am running slow.



Sad, Tired, Bored, Sick

I can try these tools:



Take a break, talk to an adult, Ask for a hug, or listen to music

Green Zone

I am good to go.



Happy, Calm, Ready, or Okay

I can do these:



Learn, listen, work hard, follow expected behaviors

Red Zone

I need to STOP.




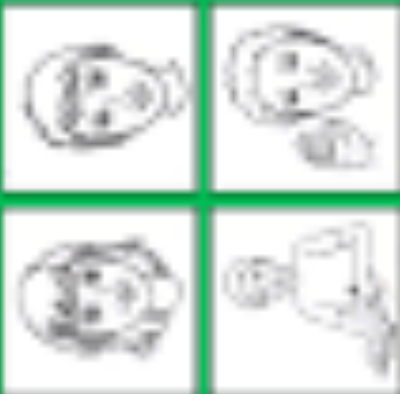


Mad, Yelling, Mean, Hands On

I can try these tools:

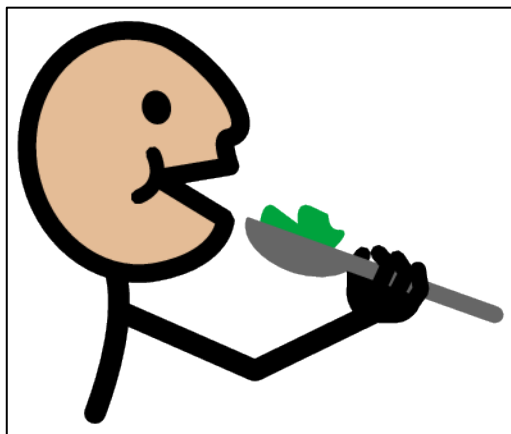


Take a break, talk to an adult, Take a Break, or Walk Laps

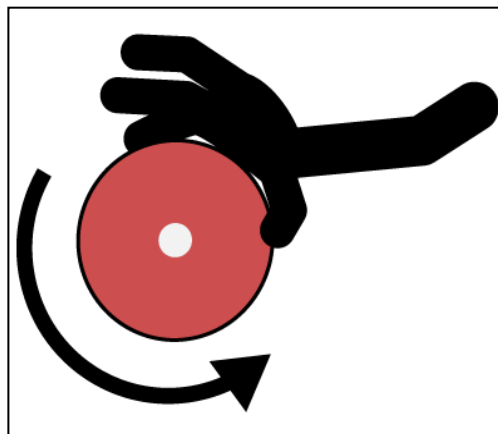
The ZONES of Regulation®

				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 Mean Terrified Yelling/Hitting Out of Control
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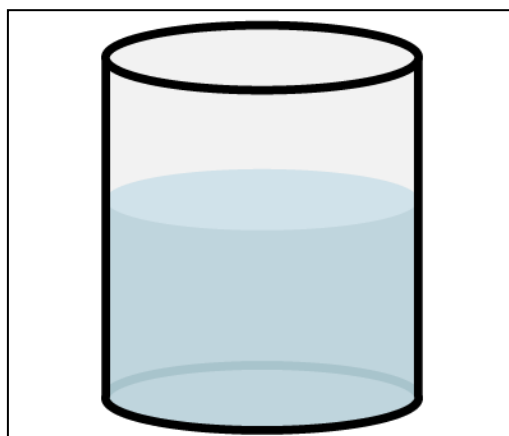
April Core Vocab Focus



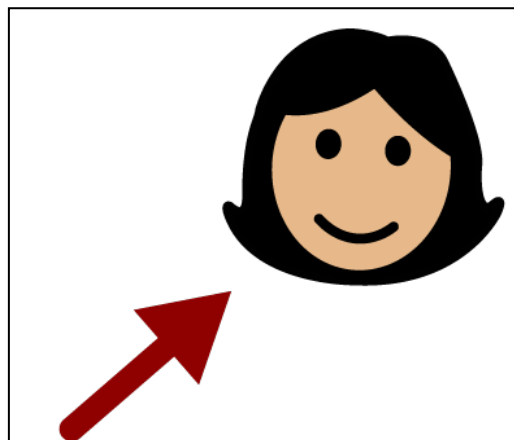
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turn



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