



Objective

Students will learn about zones of emotions, and how to control their emotions.

I Statement

I will learn about regulating my emotions.

American School Counseling Association

Standards (ASCA)

PS:A1.8 Understand the need for self-control and how to practice it.

PS:B1.4 Develop effective coping skills for dealing with problems.

State Standards

PL-P-PW-S-SMEM-1.b: Working and playing collaboratively in large and small groups.

PL-P-PW-S-SMEM-3: Students will define and identify ways to manage stress (e.g., exercise, drawing/writing/talking about feelings).

Materials

Chart Paper & Marker

"In the Zone" Activity:

(*) Sheets: "Blue Zone", "Green Zone", "Yellow Zone", "Red Zone", "I can get to the Green Zone by"

(*) 4 "Team Worksheets"

Procedures

Begin class by introducing the topic "Zones of Emotions." Explain that these zones represent different emotional states. Use the sheets: "Blue Zone", "Green Zone", "Yellow Zone", and "Red Zone"; to explain the topic. (You can either show these as slides on the Smartboard, or print them out and hand out to the students). As you go over each zone, ask for more examples from the students. Ask the students which zone they think is the best to be in (green). Show the "I can get to the Green Zone by" sheet and explain that they can get to the Green Zone by using various calming strategies.

Afterwards, introduce the activity "In the Zone". Divide the students into 4 teams. Each team will have a "Team Worksheet" of a particular Zone of Regulation. The students should come up with 3 examples of situations that trigger that particular zone, and then also write down 3 coping strategies. Allow 15 minutes for this activity. Afterwards, ask each team to share their work, and discuss the results.

Evidence-Based Strategies

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| <input checked="" type="checkbox"/> Building Vocabulary | <input type="checkbox"/> Kinesthetic Games |
| <input checked="" type="checkbox"/> Complex cognitive tasks (investigation, problem-solving, and/or decision-making) | <input checked="" type="checkbox"/> Interactive Games |
| <input checked="" type="checkbox"/> Cooperative learning groups | <input type="checkbox"/> Practice, practice, practice |
| <input type="checkbox"/> Cues & questioning to check for understanding | <input type="checkbox"/> Modeling |
| <input checked="" type="checkbox"/> Summarizing to assess student knowledge | <input type="checkbox"/> Student Re-teaching |
| <input checked="" type="checkbox"/> Setting Clear Goals/Objectives | <input type="checkbox"/> Student Feedback |
| <input type="checkbox"/> Student discussion/chunking | <input type="checkbox"/> Teacher Feedback |
| | <input checked="" type="checkbox"/> Engagement strategies |

Assessment

The students will identify which zone does a situation belong in, and then suggest a coping strategy for each.

Additional Resources

"What's the Color?" worksheet

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