



Week 2 Capoeira Newsletter!





Dear Quad Manhattan Parent,

We had another successful class this week. This marked our second class for the semester. The students are continuing to get to know each other and are getting along well.

In this week's psychosocial lesson, students were introduced to the [Zones of Regulation Curriculum](#). The students reviewed each of the zones and emotions that are included in each zone.

- **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 behavior, 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 more 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.

The **ZONES** of Regulation®

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

We will use this system as a way to check in at the start of each session that we meet and provides an easy language for students to use if they become dysregulated in class. The students were actively engaged in the lesson and helped to create a class visual that shows

different emotions and it's matching zone.

In the Capoeira portion of the class, students began with a dynamic warm up by practicing walking lunges, crab walks, shuffling feet, and high knees. After warming up the Capoeiristas reviewed and practiced the moves they learned from last week. These moves included the ginga, cocorinha, and the bananeira. This week students partnered up with the teachers and practiced their gingas and cocorinhas in a dyad. This involved following the lead of their partner both in direction they moved in and speed at which they moved. The Capoeiristas demonstrated great focus and coordination in this activity. The Capoeiristas are continuing to exhibit great enthusiasm and cooperation in class.



Cocorinha

We look forward to seeing them succeed next week!

Thank you,
Bari, Mirlet, and Bradley

Thanks for reading!