



## Week 3 Newsletter!

### Dear Parent,





We had a successful third week in Quad Squad Junior! We began with a review of the 5-Point Scale of emotions, just one of many strategies for the identification of emotions and the first step to emotional regulation. Although you may see this scale used in schools, The Quad Manhattan has adapted it in several ways to help students check in with how they are feeling. We discussed scenarios in which people might feel like they were a level 1 (happy), level 2 (anxious), level 3 (frustrated), level 4 (overwhelmed), and level 5 (angry). This version of the Five Point Scale is an introduction, which we will phase out as we get more in-depth with each emotion and students' abilities to identify each one on a continuum. Next, we transitioned into snack time where we discussed how our days at school went!

After snack, we learned another strategy for identifying emotions called The Zones of Regulation by Leah Kuypers. We like to use The Zones at The Quad Manhattan since it aligns well with the 5-Point Scale and includes a greater breadth of emotions. This curriculum encourages self-regulation and emotional-regulation. It consists of four zones listed below:

- The **blue** zone incorporates feelings of being tired, sick, shy, and overall low energy.
- In the **green** zone, there are feelings of calmness, happiness, being appreciated, readiness to learn, and overall just the having the right amount of energy.
- The **yellow** zone deals with emotions of frustration, anxiousness, silliness, excitement, where we still have control over our bodies.
- The **red** zone includes feelings of anger, elatedness, terror, and experiencing intense emotions where we cannot control our bodies.

We discussed what zone we were in today, then made our own "Zones" mini-posters using colored construction paper (e.g., blue, green, yellow, red) to signify the different zones, and cut and pasted the emotions that go in each zone.

# The ZONES of Regulation®

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

To conclude our engaging class, each student created his own rights and responsibilities that are to be upheld every after school session. We worked as a group and decided that we have the right to have fun, which comes with responsibilities of being helpful and cleaning up after we complete an activity; the right to listen and the responsibility of taking turns while speaking; the right to safety with the responsibility of keeping our bodies to ourselves.

To end class, we all shared our "Roses, Buds and Thorns" for the day. We are looking forward to another enjoyable class next Wednesday.

Sincerely,  
Kacie and Stephanie

Thanks for reading!