

Being Healthy

What does this mean?

Unhealthy

So what does being unhealthy mean?

Having a healthy body is
important

Having a healthy mind is
important



Think of the bucket as a body.

Sometimes the things that go into a body start to overflow

It can be a bit like a coke bottle, when it is shaken, what happens ... ?

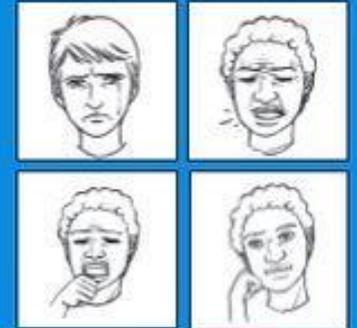
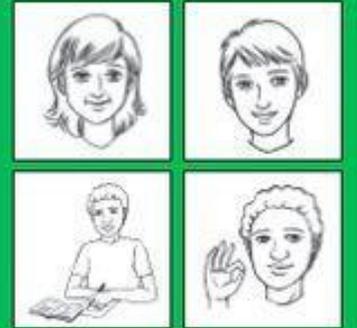
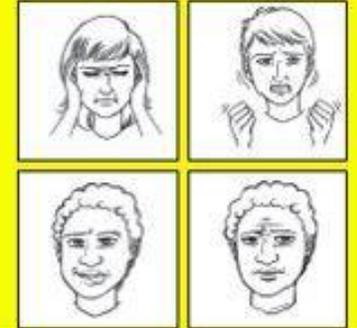


What happens to humans when their bucket overflows:

- Cry
- Shout
- Scream
- Freeze
- Run
- Hide
- Feel down / upset
- Feel tired
- Jumpy
- Fractious
- Irritable
- Fed up
- Cross
- Angry
- Wound up
- miserable

The Zones

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 |

Your Feeling Good

- 1. Spend time with family and friends**
- 2. Take a break to see how you feel** Relax and look around you, listen to music, enjoy the countryside.
- 3. Try something new**
Try a new hobby or making a new friend.
- 4. Do some exercise**
- 5. Do something for a friend or family member**

5



What about in school – what can you do?

- 1. Talk and play with your friends, join in clubs with like minded children**
- 2. On the journey to school or home, or in the playground, listen to things going on around you, look and see, watch and listen, take some time and space to just BE!**
- 3. Join a new club in school, learn to play an instrument, try a new sport, read a book about something new**
- 4. Walk to school, play an active game e.g. skipping or basketball, play a sport**
- 5. Help a friend or your teachers. Help your teacher or friends in the classroom or around the school**



What if things get hard?

- Talk to a friend
- Talk to a teacher in class
- Talk to someone at home
- Put a worry in the worry box
- Ask to speak with Ms Penn at the indoor lunchtime club (nursery)

What to do to help a friend.

- Tell your worries about your friend to trusted adult in school – they WILL listen and help
- Be kind to your friend
- Have fun and laugh together
- Do something from the feeling good 5 to help you feel better