

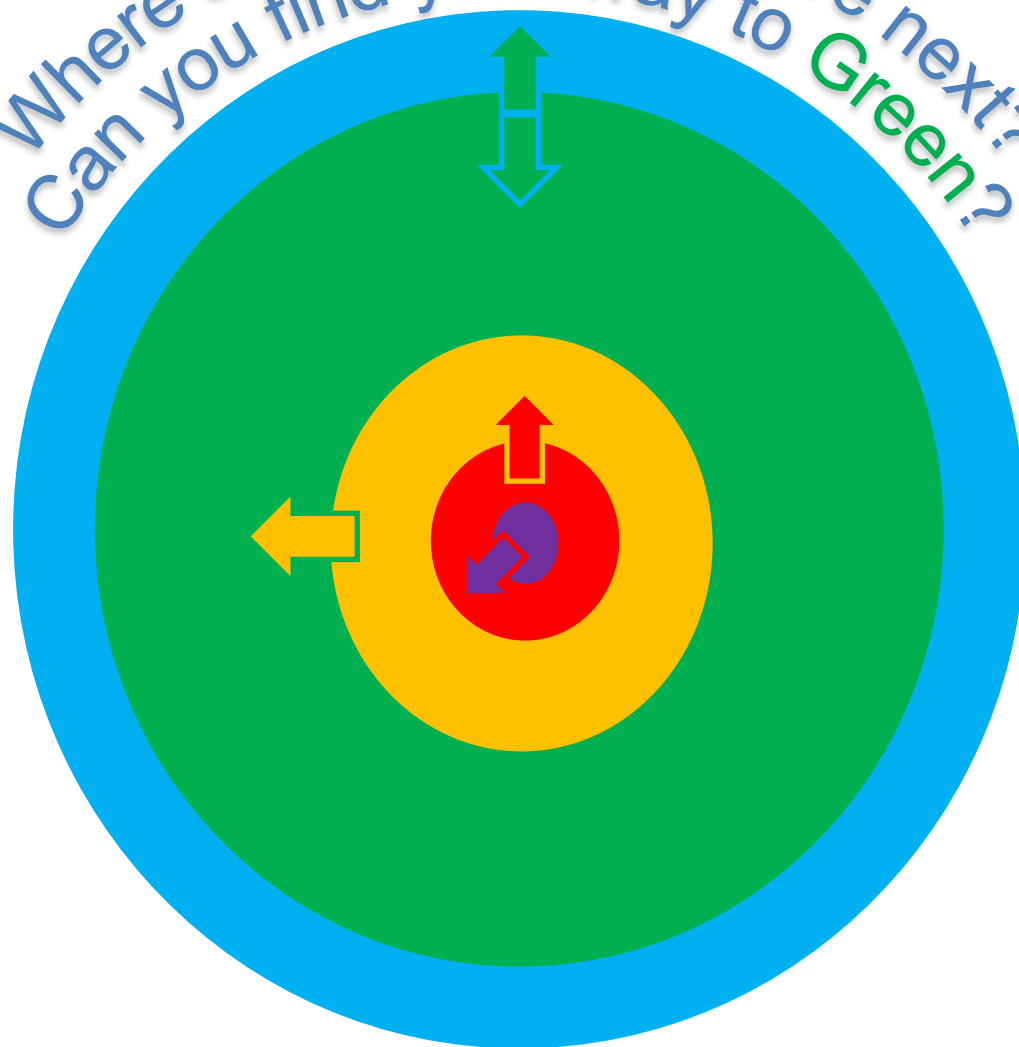




## The Regulation Rainbow – Thoughts, Feelings & Actions



Where are you now? Where next?  
Can you find your way to Green?



Feeling down – low energy, slow moving  
When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control but with low energy emotions.

Feeling good 😊 – happy and content  
This is normal for most people most of the time. Enjoy it. Remember, even when you feel good there are always some niggles.

Feeling a bit out of sorts 😐 – things are not quite ok.  
Most people feel like this quite often.  
Think about your strategies to help you to get back into the green zone- you're just one step away. You are still in control but you may still need some help from your friends and/or adults.

Strong thoughts, feelings and/or actions. ☹️  
Most people can expect to feel this some of the time.  
You can try to use your regulation tool kit but you may need an adult to help you with this.  
It's OK to ask for help.

Very Strong thoughts, feelings and/or actions.  
This is rare for most people and you will need adult help to get you feel regulated again. Adults in school care about you and are here to help.



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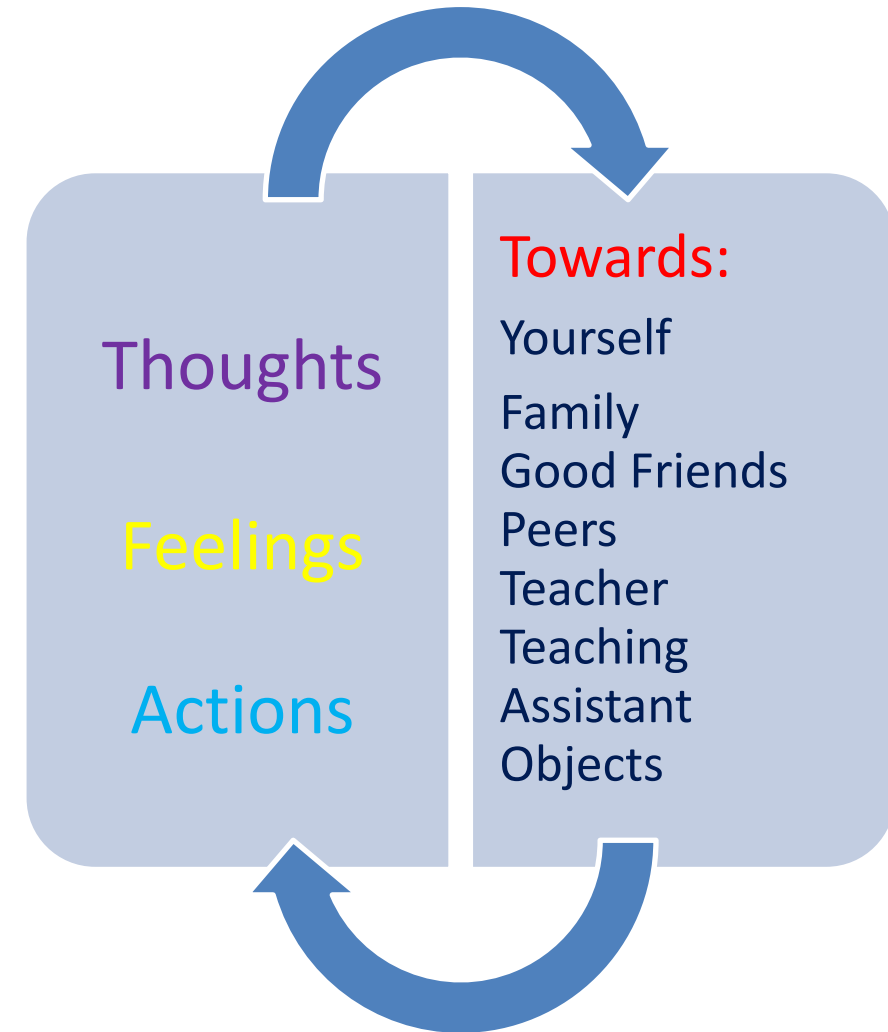
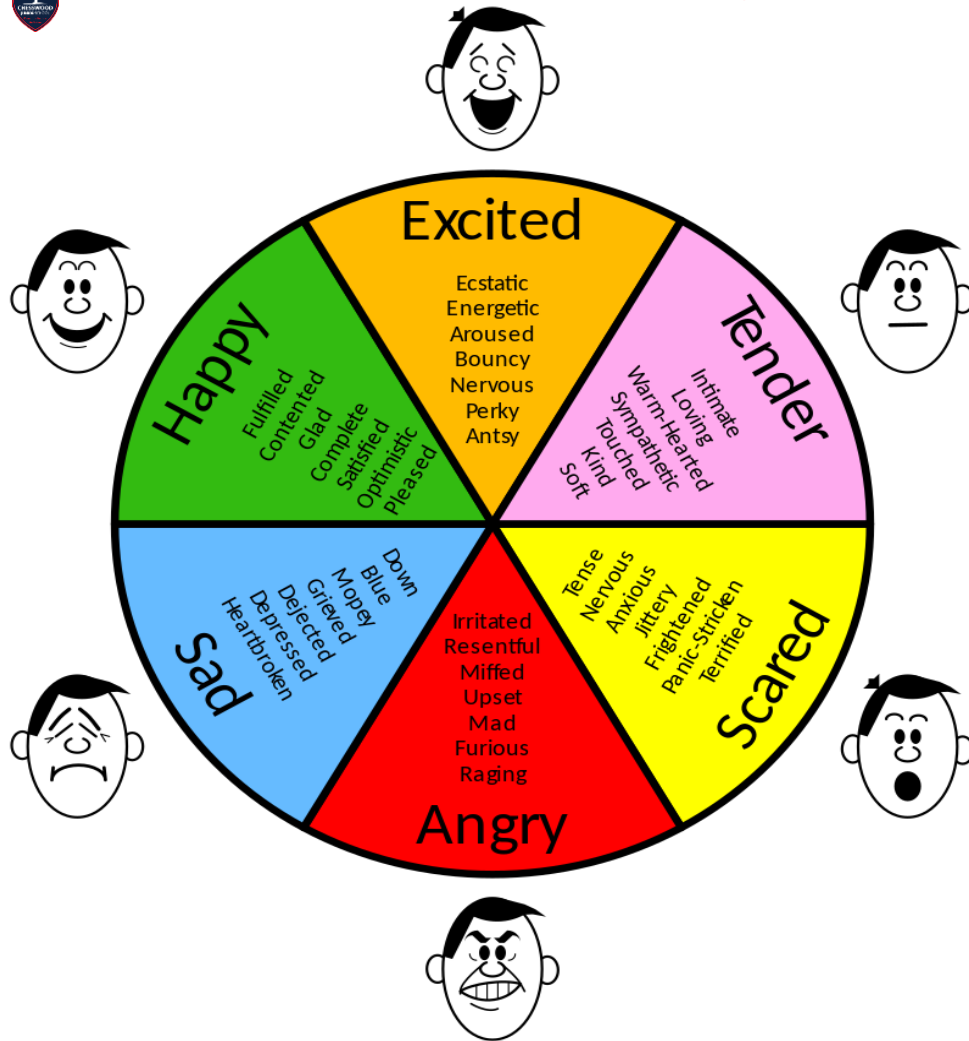


How do you feel today? Which zone? How will you get to **green**?

Zone		Try to use the options and language below to talk about your thoughts, feelings and actions. How will you get to the <b>green</b> zone? How can we help?							
Blue Zone		Green Zone		Yellow Zone		Red Zone		Purple Zone	
 SLEEPY	 UNWELL	 WARM	 CONFIDENT	 SILLY	 EXCITED	 ECSTATIC	 ANGRY	 RAGE	 EXPLOSIVE
 REJECTED	 HURT	 HAPPY	 CONTENT	 CONFUSED	 STRESSED	 DISGUSTED	 POWERLESS	 TERRIFIED	 RUDE
 HELPLESS	 WORTHLESS	 HOPEFUL	 BELONGING	 WORRIED	 FRUSTRATED	 BETRAYED	 PANIC	 AGGRESSIVE	 ASHAMED
 HESITANT	 UNSURE	 STRONG	 PLAYFUL	 SKEPTICAL	 IRRITATED	 SCARED	 OVERWHELMED	 HORRIFIED	 DESPAIRING
 DISAPPOINTED	 SAD	 SAFE	 FOCUSSED	 ANXIOUS	 SHOCKED	 UNKIND	 OUT OF CONTROL		
 HOPELESS	 ALONE	 READY	 OK	 SNEAKY	 WORRIED	 OVEREXCITED	 DISTRESSED		
 EMPTY		How to move to the Green Zone?							



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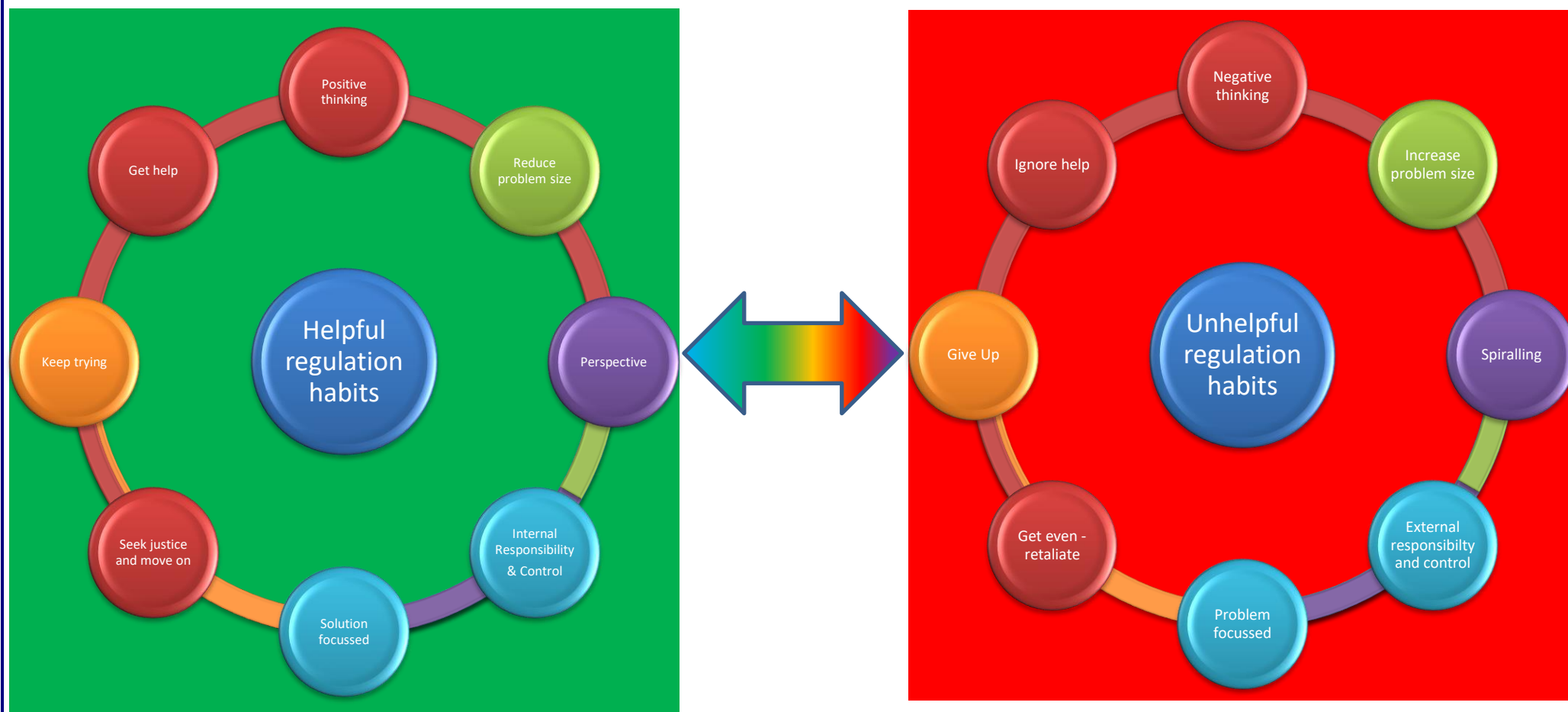
**Choose the words that best describe how you feel?**

**What are you thinking as a result? How are you  
behaving as a result?**

**What thoughts, feelings and behaviours are  
you showing or have you shown? To whom  
or what?**



Some actions can help regulation and some make it harder.



Be kind to yourself and others, practice the helpful habits, try to remove the unhelpful habits





I have not  
failed. I've just  
found 10,000 ways  
that won't work.

Our greatest  
weakness lies in giving  
up. The most certain  
way to succeed is  
always to try just one

The secret lies in acknowledging how you  
feel, then focussing on solution after solution  
and working at success until it happens 😊

Be more  
Edison



Thomas A. Edison



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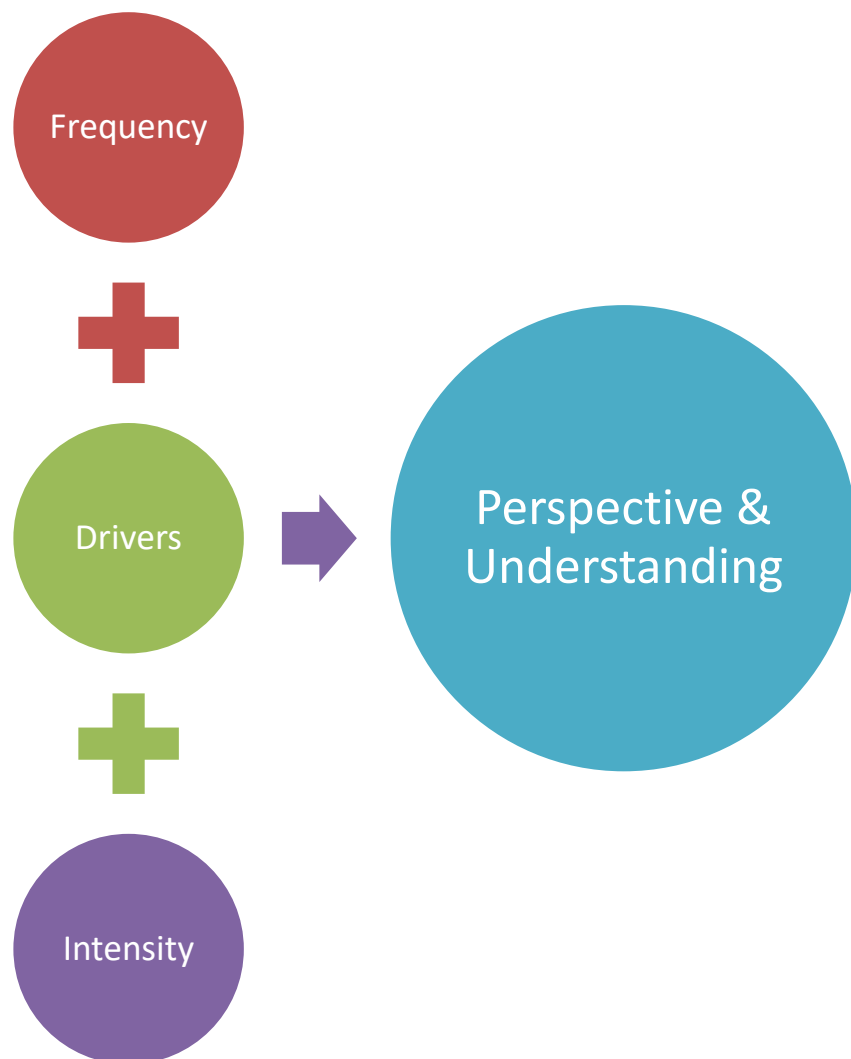


**Find a quote that works for you? Not one here – look for one elsewhere – Be more Edison!**

<p>“If the storm forgets to bring a rainbow, paint your own.” Matshona Dhliwayo</p>	<p>“The only place where your dreams become impossible is in your own thinking,” Robert H Shuller</p>	<p>“Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.” Roy T. Bennett</p>
<p>“The greatest discovery of all time is that a person can change his future by merely changing his attitude.” Oprah Winfrey</p>	<p>“You're going to go through tough times - that's life. But I say, 'Nothing happens to you, it happens for you.' See the positive in negative events.” Joel Osteen</p>	<p>“Over thinking ruins you. It twists things around, makes you worry and just makes everything worse that it actually is.” Karen Salmansohn</p>
<p>“Each day has its bright side. So, in order to continuously experience a happy life, you must consistently find the bright side of each day and give it your undivided attention.” Edmond Mbiaka</p>	<p>“When you wake up every day, you have two choices. You can either be positive or negative; an optimist or a pessimist. I choose to be an optimist. It's all a matter of perspective.” Harvey Mackay</p>	<p>“Positive thinking is powerful thinking. If you want happiness, fulfillment, success and inner peace, start thinking you have the power to achieve those things. Focus on the bright side of life and expect positive results.” Germany Kent</p>
<p>“Fall seven times and stand up eight.”</p>	<p>“I like to encourage people to realize that any action is a good action if it's proactive and there is positive intent behind it.” Michael J. Fox</p>	<p>“The only time you run out of chances is when you stop trying.”</p>
<p>“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must but take that step.”</p>	<p>“One small positive thought in the morning can change your day.” So decide - Who? What? When?</p>	<p>Challenge: When a negative thought enters your mind, think 3 positive ones. Train your brain to flip the script.</p>



## The Regulation Rainbow – Thoughts, Feelings & Actions



### Frequency

How often are thoughts, feelings & actions experienced by you or others?

- Minutes – Hours, Mornings/ Afternoons
- Daily - Every few days
- Weekly – every few weeks, Monthly – every few months, annually

### Drivers

What do you believe are the causes for thoughts feelings & actions?

- What is your evidence for this?
- Reaction to a person, a place, an event?
- Immediate reaction, recent reaction, reaction to past event?

### Intensity

How strong or negative have thoughts, feelings & actions been?

- Have you reacted or over reacted (consider pupil's life experiences)?
- Have you looked at this from the perspective of others?
- Has there been any damage?
- To whom or what?
- How can you put this right so everyone can move on?

### Perspective & Understanding

Now you have reflected on frequency, drivers and intensity:

How do you feel? What do you think? Do you want to regulate?

Black spot thinking? What is the balance of positivity – Maslow Hierarchy – are needs met?

Want what we have vs have what we want.

Are your thoughts, feelings & actions acceptable in normal circumstances? In these circumstances? To you, to people you know? To others?

Whose responsibility is it to secure regulated thoughts, feelings & behaviour?

What techniques could help? Who could help?

Have you tried regulation techniques? Have you really tried?

What support have you had? What use have you made of it?

What could you do next time in the same/similar situation? Do you have a clear plan you understand, can and will follow?

How can you build a safer and/or more positive response in similar circumstances for the future?

What will the benefit be? To you to others?

Give up or keep trying – Think Thomas Edison! Be more Edison!