



Samarès Gets Talking!

In assembly this week we talked about the Zones of Regulation to help us manage our emotions and feelings.

You can find out more on our website:

<https://www.samarès.sch.je/page/?title=Zones+of+Regulation&pid=52>

Talk about:

What does it mean to be feeling 'green', 'yellow', 'blue', and 'red'?

When might you feel these different colours?

What can you do when you have these feelings?

Talk about the colours at home and share with each other when you are feeling the different colours and what helps you. You could watch the video clips we shared in assembly to help.

<https://www.youtube.com/watch?v=ldPlsgCTruU&list=PLmVpOLdClQvOsGXIowSe9zcdZVpj97E8F&index=4>

THE
ZONES OF
REGULATION®

Sentence starters:

Use 'Because...' to justify your answer... Can you think of other ways to explain your thoughts?

If you **agree** or **disagree**, remember to use the sentence starter to make sure you start your sentence respectfully... I **disagree that...**
because...

In school, we use talk tactics to help us:

Instigate

Present an idea or open up a new line of inquiry



- “ I would like to start by saying ____
- “ I think ____
- “ We haven't yet talked about ____

Instigate

Build

Develop, add to or elaborate on an idea.



- “ Building on X's idea ____
- “ I agree and would like to add ____
- “ X's idea made me think ____

Build

Challenge

Disagree or present an alternative argument



- “ I disagree because ____
- “ To challenge you X, I think ____
- “ I understand your point of view, but have you thought about ____?

Challenge

Probe

Dig deeper, ask for evidence or justification of ideas



- “ Why do you think ____?
- “ What evidence do you have to support X idea?
- “ Could you provide an example?

Probe