



Without thinking too much about it, what score would you give yourself right now to indicate how happy you feel about your life? Write it on a post it note and write why you chose the number you did.

- ▶ 10. Extremely happy (feeling ecstatic, joyous, fantastic)
- ▶ 9. Very happy (feeling really good)
- ▶ 8. Pretty happy (feeling good)
- ▶ 7. Mildly happy (feeling fairly good and somewhat cheerful)
- ▶ 6. Slightly happy (just a bit above neutral)
- ▶ 5. Neutral (not particularly happy or unhappy)
- ▶ 4. Slightly unhappy (just a bit below neutral)
- ▶ 3. Mildly unhappy (just a bit low)
- ▶ 2. Pretty unhappy (somewhat 'blue', spirits down)
- ▶ 1. Very unhappy (depressed, spirits very low)
- ▶ 0. Extremely unhappy (utterly depressed, completely down)

Happiness  
Scale

# WALT & WILF

## WALT

- ▶ Recognise our feelings
- ▶ Identify the different Zones of Regulation

## WILF

- Examples about feelings
- Knowing the Zones of Regulation

# What makes you happy?

**How do you  
know you  
are happy?**



**How would  
other  
people know  
you are  
happy?**

# What is happiness?

▶ Happiness is how we feel when many things in our lives are **working well**.

▶ These things include our:

brains

bodies

feelings

relationships

the family, friendship and other groups we belong to

How can we make each of these things **work well** for us?




What do you do or what can you do to make these things

**work well** for you?



# So what are the Zones of Regulation?

## ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

# The Blue Zone

- The Blue Zone
- How would you be feeling if you were in the Blue zone?
- What could you do to move yourself from the Blue zone to the Green zone?



# The Green Zone

- The Green Zone
- How would you be feeling if you were in the Green zone?
- What could you do to make sure that you stay in the Green zone?

Green



Happy  
Calm  
Feeling Okay  
Focused  
Ready to Learn



# The Yellow Zone

- The Yellow Zone
- How would you be feeling if you were in the Yellow zone?
- What could you do to move yourself from the Yellow zone to the Green zone?



# The Red Zone

- The Red Zone
- How would you be feeling if you were in the Red zone?
- What could you do to move yourself from the Red zone to the Green zone?



# Final thought

## ▶ Riley- A New House

Riley	Us
How does Riley look at the start of the clip? What zone would she be in?	Do all people feel happy about the same things?
When Riley arrives at her new home her feelings change? How do we know? What zone do you think she has moved to?	What things worry us?
What does Riley do to move herself back to the green zone?	What brings us happiness?

# What next?

- ▶ Is it important to know what things make us feel happy?
- ▶ We will be using the Zones of Regulation in class to monitor how we are feeling.

What is Happiness?