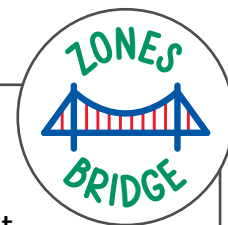


Concept 4 – My Signals, My Zones



WHAT ARE WE LEARNING?

In this concept we learned about **body signals**– the sensations inside our body that help us figure out how we feel. Body signals also alert us that we are changing Zones. Each of us is unique, so we do not all experience our Zones, emotions, or body signals the same way.

Possible Body Signals:

Blue Zone

Low Energy
Moving Slowly
Slow Heartbeat
Foggy Thinking
Heavy Muscles

Green Zone

Medium Energy
Comfortable Body
Steady Breath/
Heartbeat
Focused Thinking
Relaxed Muscles

Yellow Zone

Higher Energy
Wiggly Movement
Faster Heartbeat
Faster Thinking
Tense Muscles

Red Zone

Highest Energy
Hot/Sweating
Pounding Heart
Racing Thoughts
Powerful Muscles



WHY IS IT IMPORTANT?

Noticing our body signals helps to build **self-awareness**. When we understand how we feel, it is easier for us to figure out how to regulate those feelings/Zones.



ASK AND SHARE

To help with learning, discuss these questions together.

- *What is a feeling you often have when you're in the Blue Zone? What body signals do you notice? (Repeat for each of the different Zones: Red, Yellow, and Green.)*



BRIDGE ACTIVITY: CHANGING SIGNALS

1. Find a fun way to move your bodies, such as dancing, bouncing, or wrestling together.
2. Pause. Point to a body signal you notice and explain how it feels. For example, *my movement feels really fast.*



Heart



Breath



Energy



Movement



Thinking