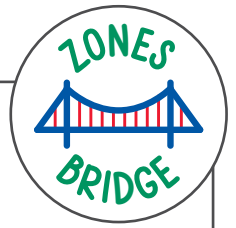


# Concept 3 – All The Zones Are Okay



## WHAT ARE WE LEARNING?

All The Zones and all our feelings are okay. There are no right or wrong Zones, just as there are no right or wrong feelings.

Our **perspective** is our unique way of feeling, viewing, or thinking about something. Sometimes people have different perspectives.

It's common for people to be in different Zones even within the same situation. It's important to respect that others might feel differently than you.



## WHY IS IT IMPORTANT?

It is human nature to experience a wide range of feelings. We are all entitled to experience our own feelings, and we should never be ashamed of them. Rather than try to bottle them up or mask how we are feeling, we are working to identify our feelings and understand how to regulate them in healthy and safe ways.



## ASK AND SHARE

These are some questions you can discuss with your learner. Be sure to share your own thoughts and experiences, as this will help them generalize what they are learning.

- *What are some situations where you'd be in the Blue, Green, Yellow, and Red Zones?*
- *Are all of our feelings okay? Are all the Zones okay?*



## BRIDGE ACTIVITY: 4 CORNERS ... AROUND THE TABLE

Assign each corner of a table to be one of the four Zones colors, placing a blue, red, yellow, or green object at each corner. Take turns reading the situations below. Everyone should choose which Zone they might be in for each situation, then go to (or point to) that corner.

Someone surprised you with a present even though it's not your birthday.

You are all watching a funny movie.

You discover your shirt is on inside out at work or school.

You can't find the remote control.

You are invited to your neighbor's house for a party.

It's Saturday morning and everyone must do chores.

Something burned in the oven and the house smells.

You can each make up a situation.

**Discuss a situation where you chose different Zones. Explain your perspective to each other.**