

# 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 are clues that help us to understand our emotions and notice if we are changing Zones. Each of us is unique. We do not all experience our Zones, emotions, or body signals the same way.

See more background information on Body Signals on page 2.



## WHY IS IT IMPORTANT?

Noticing our body signals helps us understand and identify our feelings and alert us to when we change Zones. This self-awareness helps us with is foundational to self-regulation. When we understand how we feel, it is easier for us to figure out how to regulate those feelings/Zones.



## ASK AND SHARE

These are questions you can discuss with your learner. Be sure to share your own thoughts and experiences.

- *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.)*

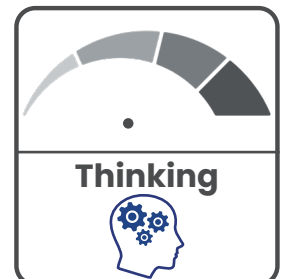
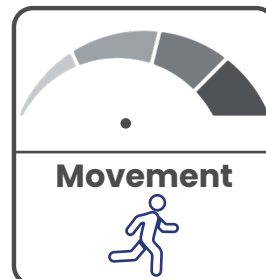
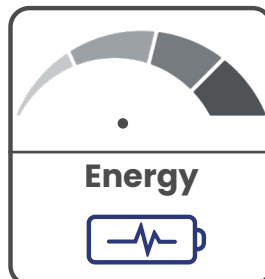
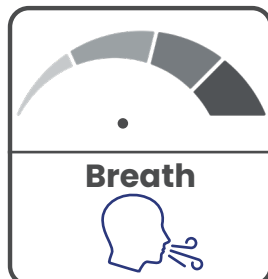


## BRIDGE ACTIVITY

Complete the following activity for each of the Zones (blue, green, yellow, and red) with your learner. Start by completing it for yourself – and then ask them how they feel for the same emotion.

**Sometimes I feel \_\_\_\_\_ in the \_\_\_\_\_ Zone.**

**Body signals I notice are:**



# Concept 4 – How the Zones Feel to Me



## BODY SIGNALS WE EXPLORED



### Heart

- Our heart may beat fast or slow
- It can ache with sadness or swell with pride
- Sometimes our heart is thumping with excitement or pounding with fear
- Other times, you might not notice it at all



### Breath (lungs)

- Our breathing also changes depending on our feelings and Zone
- You may be yawning or sighing with big slow breath or gasping with surprise.



### Thinking

- Our brain sends signals that can help us understand how we feel
- Have you noticed times when your thinking seems clear and really focused?
- Other times your thoughts might feel like they are racing quickly
- Sometimes our thinking is foggy and sluggish, and it may take us extra time to make a choice or remember something



### Movement

- Sometimes our bodies feel still and quiet, like when we're relaxed, reading a book or watching a movie
- At other times, our bodies are full of motion, such as when we're bouncing with excitement or fidgety with nerves
- We also might have big and powerful movements that can be harder to control, such as jumping, running or bumping into things



### Energy

- Depending on your Zone, your body may sometimes feel like a battery that's overflowing with power
- Other times it may feel like your battery is low or you've lost all your charge, like when you're sick or exhausted.