Current Therapy Input for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Annual Outcome:EHCP section Social, Emotional and Mental Health  | \_\_\_\_\_\_ will communicate how he is feeling across the day, using the Zones of Regulation visuals to support him |
| Current direct therapy:  | Weekly Zones of Regulation Session™ with a peer.Brief description of therapy: The Zones of Regulation™ is a framework that uses four colours - red, yellow, green and blue - to help students identify their feelings and levels of alertness, and to then support them to begin to realise when they are moving out of the green zone (happy, calm, ready to learn) and how to begin to regulate their emotions to get themselves back to “green”. \_\_\_\_\_ is currently working on recognising those emotions in himself and others and starting to embed the zones colours and what they mean. For further information please see: <https://www.zonesofregulation.com/learn-more-about-the-zones.html> |
| \_\_\_\_\_\_\_\_\_ Zones of Regulation™ therapy tasks are saved in his student home work area, under the therapy folder  |