



Week 2 Newsletter

Dear Parent,

We had a successful class on Monday, where we revisited the Zones of Regulation and brainstormed some ideas for our next group project!

This week, we added the element of the Zones to our check-in process. As each student put his/her name on the visual schedule for attendance, your child checked into the class by stating which Zone he/she was currently in. Students were able to use the posters we made last week to reference the Zones and find the emotion, energy level, and awareness he/she feeling. We engaged in a discussion to review what the Zones represent and how we express them. This process was also included in our check-out, so the students were able to heighten their awareness of the dynamic feeling of shifting Zones.

Later in the class, we further explored the Zones by playing "Zones Bingo" In this activity, students played bingo while they practiced displaying and guessing the meaning of each other's facial expressions. To open the activity, students were asked why it's important to know what someone's facial expression means. As a group, we engaged in a discussion about how reading facial expressions helps us understand what other people are thinking and feeling. The students recognized that knowing facial expressions helps us adjust how we act based on that information. Zones Bingo was a great opportunity for students to expand their emotional vocabulary.

Next, we played a game called "Change Three Things," which encouraged heightened observation ("noticing") skills and awareness of others. To play, one student (accompanied by a teacher) left the room and changed three things about their appearance; changes ranged from taking off one shoe, to cuffing a pant leg, to turning a shirt backwards. When the student reentered the room, the rest of the group was challenged to notice and guess what had been changed. The students enjoyed the silliness of this activity, and we plan to continue targeting "noticing" skills in future lessons.

Lastly, we ended class with a group brainstorm about our upcoming project, which is to create a Kindness Tree and "nest" for our class stuffed owl. The students came up with a great strategy for managing communication during class. As a solution to making sure there is only group member speaking at a time, the students came up with the idea of using a stuffed owl to hold when it's that group member's turn to speak. So far, this has proven as an effective way to prevent interrupting and foster communication skills. In spirit of this, we plan to create a "nest" for the owl to rest in during class. During our brainstorm, we used executive functioning skills to plan out the project. Students are very excited to start creating the nest in the upcoming classes!

Next week, our focus will be on the concept of "The Group Plan," where we will have many engaging games and activities planned. We look forward to a great class next Monday, September 25!

Thank you,
Alexa and Parsa

Thanks for reading!

