

Canonbury Home Learning  
**Year 6 Transition Lesson 2**  
**Bodily Warnings**

**Task 1**

**Zones of regulation**

Last lesson we began to look at the different zones of regulation. Can you remember what they were and the feelings or actions which may present themselves during the different zones?

Think about some scenarios or points of the day and think about which zone you may be in and why.

For example...

Forgetting your homework.

Missing the bus.

Going to a friend's birthday.

Off to a sleepover.

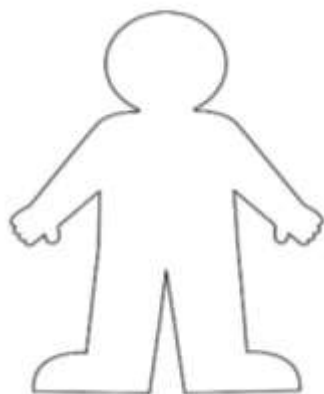


**Task 2**

**Session 2 - Bodily Warnings**

Independently identify bodily warnings that can help you recognise when you are unhappy or anxious, about a new situation.

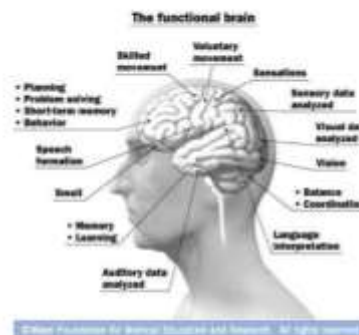
You will be given an outline and you must write different bodily warnings. Take a look at the example below.



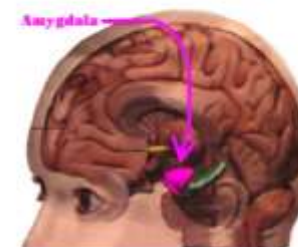
**Task 3**

**Session 2 - Bodily Warnings**

This is your brain.



The amygdala is the seat of where our negative thoughts and self doubt come from.



How could we change our inner monologue (positive self talk)?  
Create a list of strategies.  
The key thing to do is recognise a negative thought and ask yourself "Is it true?"

**EXT: Complete some information about your secondary school, in your Transition Book.**