

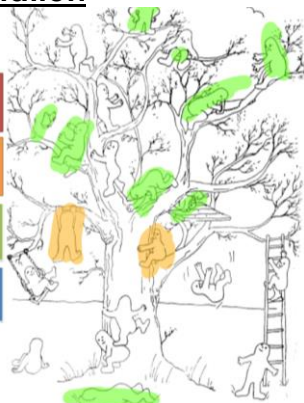
Canonbury Home Learning
Year 6 Transition Lesson 3
The huge bag of worries.

Task 1
Zones of regulation

Session 3 - The huge bag.
Blob People

ZONES OF REGULATION

Red Zone Dysregulated, too hot/blown
Amber Zone Frustrated
Green Zone Ready to focus, settled
Blue Zone Calm, happy, thoughtful



Each of you are going to be given a blob people sheet. You must colour the blobs using the 'zones of regulations' colours. Next add a word from the zone that the blob is coloured in.

Task 3

Reflective Question

Take a guess and without revealing your worries which you wrote. How many people in the class will have written down the same worry as you?
Why?

Task 2 <https://www.youtube.com/watch?v=8QwEOSBjOt8>

Session 3 - The huge bag of worries.

The Huge Bag of

Worries

After reading the story, write down three worries which you may have regarding secondary school (one worry per piece of paper). These worries will then be placed in a worry bag and used next session.

If you have no worries about secondary school, write down things which may worry other people.



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