

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

It can be tricky for a young child to express how they feel, especially when they are still learning words to describe types of emotions. Our Areas of Regulation at Home poster helps your little one begin to learn about different emotions and how to self-regulate. Your little one may be ready to go, or perhaps they need to stop, slow down or rest.

What skills does this practise?

Areas of Regulation

Understanding Emotions

Self-Regulation

Further Activity Ideas and Suggestions

Visit our [Understanding Emotions](#) area of the [Twinkl Parents Hub](#) for plenty more emotion-themed activities. Get creative with our [Emotional Faces Hunt and Collage Activity](#) or try out this [Emotions Photo Challenge](#). Learn more about the areas of regulation with our [Guide for Parents](#).

Parents Blog



Twinkl Kids' TV



Homework



twinkl

Parents Hub

BLUE

Rest



sad

tired



bored



sick



GREEN

Good to Go



happy

OK



focused



calm



HOW AM I FEELING

Areas of Regulation at Home

What area are you in?

YELLOW

Slow Down



worried

silly



confused



surprised



RED

Stop



angry

scared



cross



annoyed





