

Sort the lavalings activity

Cut out the **Mightier Lavalng emotion cards** on the next page. Use page three to sort the Lavalings into which Zones of Regulation you think the emotion belongs in. Reflect on how each emotion makes you feel in your body and share times you have felt these different emotions.

***What is a Lavalng?** Lavalngs are characters in Mightier that help a child to notice their heart rate. They represent different emotions.*

About Mightier

Mightier is a biofeedback video game platform that helps kids build emotional regulation skills. Mightier was born out of clinical trials based at Boston Children's Hospital and Harvard Medical School, where 12 weeks of play reduced outbursts by 62%, reduced oppositional behavior by 40%, and reduced parent stress by 19%. Kids wear a heart rate monitor that controls the difficulty of the game. Through continued practice of coping skills in the moment, kids build muscle memory for emotional regulation skills to be translated outside of the games into real life situations. Play and practice is partnered along with coaching sessions with our masters level coaches to help your family get the most out of the program. Visit mightier.com for more information.

About the Zones of Regulation

The Zones is a systematic, cognitive behavioral approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts. By addressing underlying deficits in emotional and sensory regulation, executive functioning, and social cognition, the framework is designed to help move students toward independent regulation. The Zones of Regulation incorporates Social Thinking® (www.socialthinking.com) concepts and numerous visuals to teach students to identify their feelings/level of alertness, understand how their behavior impacts those around them, and learn what tools they can use to manage their feelings and states. Visit zonesofregulation.com for more information.



HAPPY
Basil



SHY
Dale



PROUD
Harold



ANGRY
Joe



OUT OF CONTROL
Taft



HYPER
Rusty



SAD
Rob



CONFIDENT
Fred



ANXIOUS
Tony



JEALOUS
Jeff 2



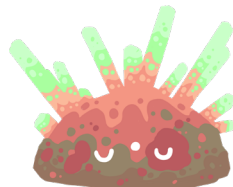
TIRED
Plum



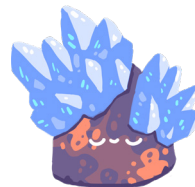
HUNGRY
Summer



LONELY
Alan



DISTRACTED
Samara



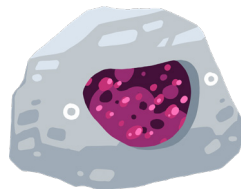
TALKATIVE
Cruz



FUN
Brady



UNCOMFORTABLE
Cooper



ELATED
Diego



FRIENDLY
Andy



CALM
Stalatic



FOCUSED
Aurum



TERRIFIED
Fourthree Legs



BORED
Phillip



AGGRESSIVE
Lexi

BLUE ZONE:

low states of alertness and down feelings. Includes feelings like feels sad, tired, sick, or bored.

GREEN ZONE:

a calm state of alertness. Includes feelings like happy, focused, content, or ready to learn.

YELLOW ZONE:

a heightened state of alertness and elevated emotions, with some control. Includes feelings like stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness.

RED ZONE:

extremely heightened states of alertness and intense emotions. Includes feelings like elation, anger, rage, devastation, or terror.