

Session
1

Introducing
Regulation -
Rex

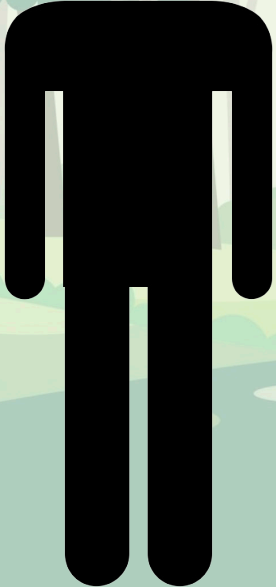


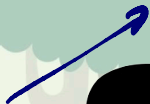
REGULATION - REX



← REGULATION - REX

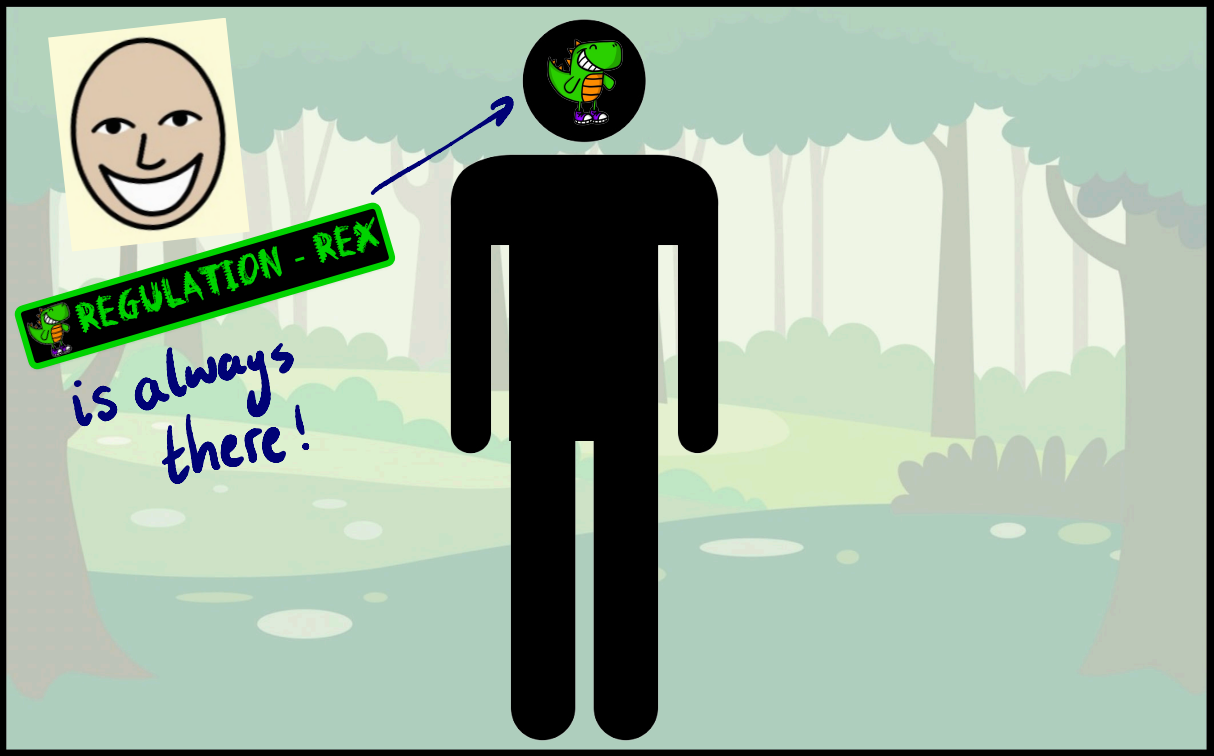
is
part of
our brain.





REGULATION - REX

*is always
there!*



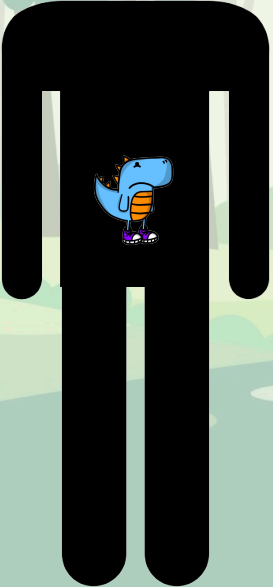
REGULATION - REX



affects
how we
feel.

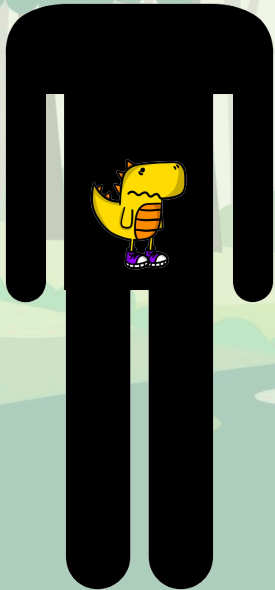


REGULATION - REX



can change.





 **REGULATION - REX**



*can
affect how
we feel.*



← But we
can regulate

 REGULATION - REX



- Hurting someone.
- Hurting ourselves.
- Damaging property.

Before we lose control.

Session
2

Regulation -
Rex and our
emotions.

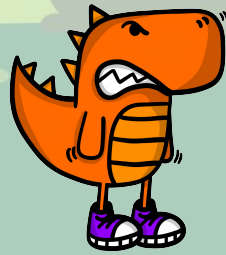
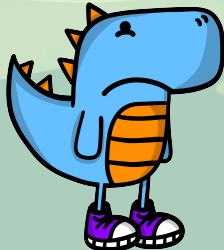


REGULATION - REX



REGULATION - REX

I
feel
happy!





REGULATION - REX

Green Rex is ready to learn.

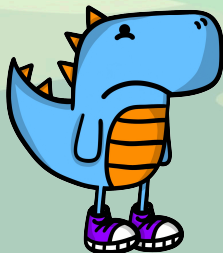
Green Rex is happy, focussed, listening and safe.

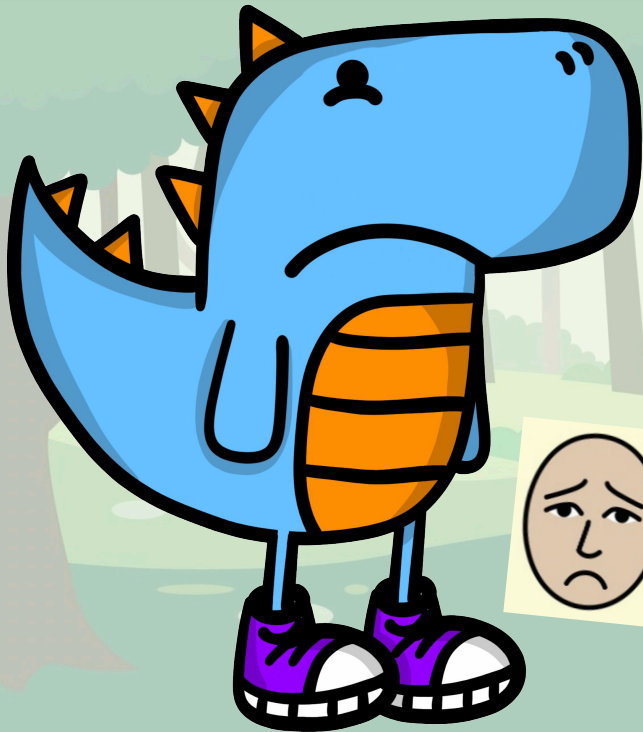




REGULATION - REX

I
feel
sad!





REGULATION - REX

Blue Rex is moving slowly.

Blue Rex is feeling sad, tired or bored.

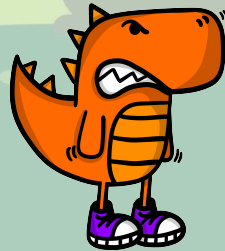
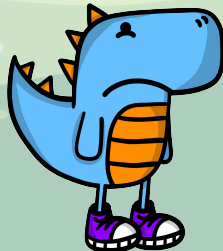




REGULATION - REX

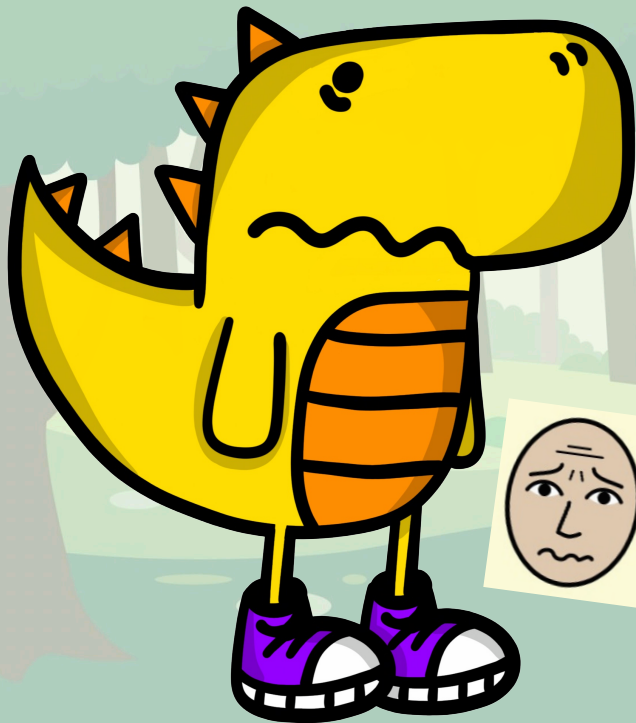


I
feel
worried.





REGULATION - REX



Yellow Rex is trying to learn.

Yellow Rex is feeling worried, confused or silly.

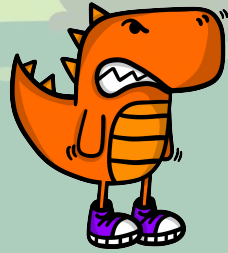
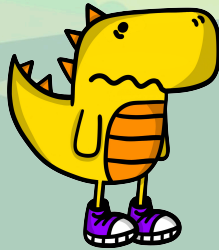
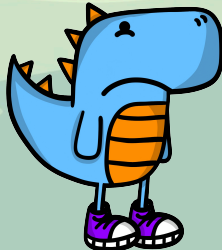




REGULATION - REX



I
feel
upset!





REGULATION - REX

Orange Rex is not ready to learn.
Orange Rex is upset, angry, agitated, annoyed or frustrated.

