

**This pack belongs to**

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**From St Laurence  
Church Junior School**

**Learning, Loving and Sharing, guided by  
Jesus**

**At the Juniors our policy is to be Ready, Respectful and Safe. Can you draw what this might look like next to each word.**

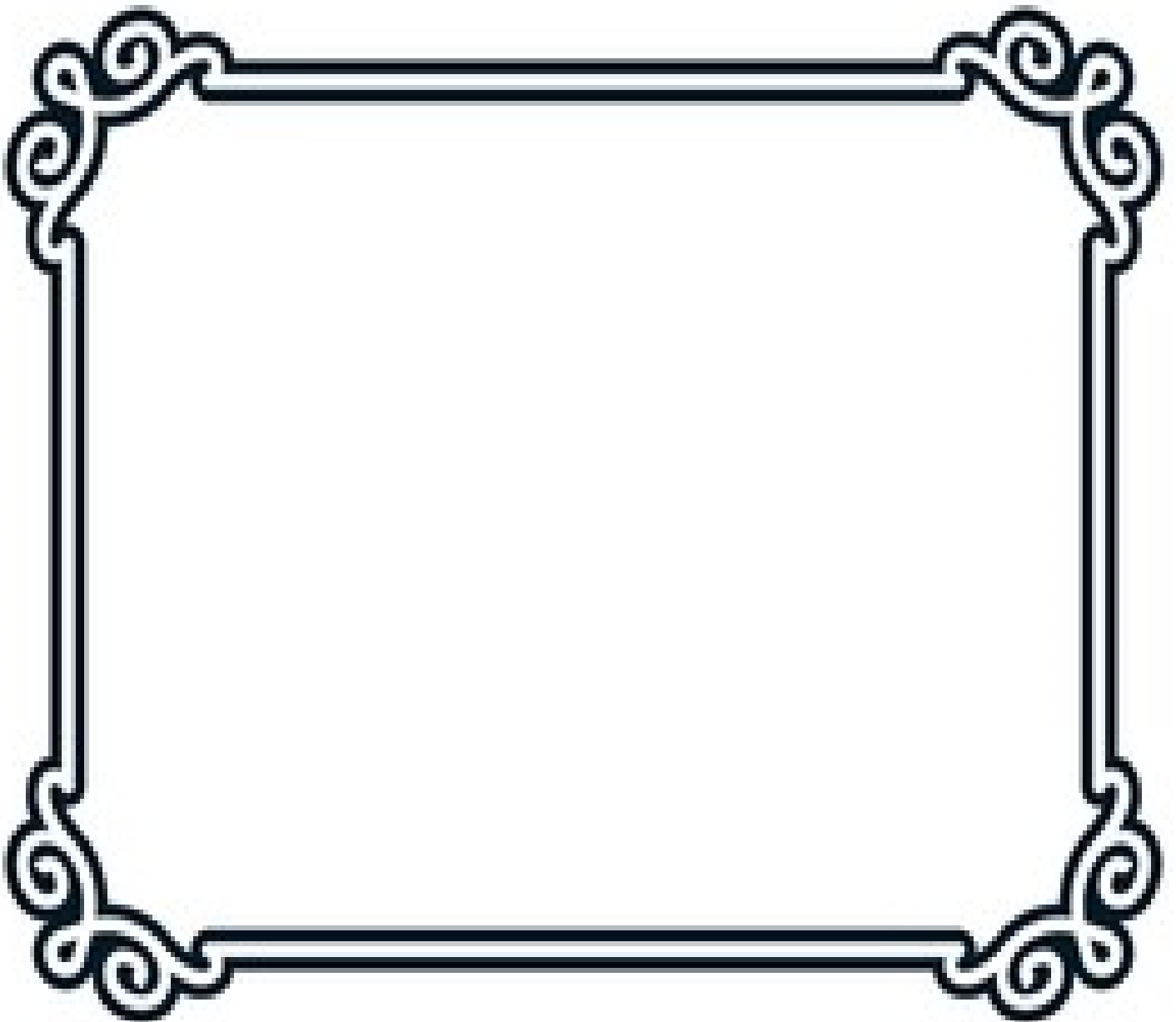
Ready

Respectful

Safe

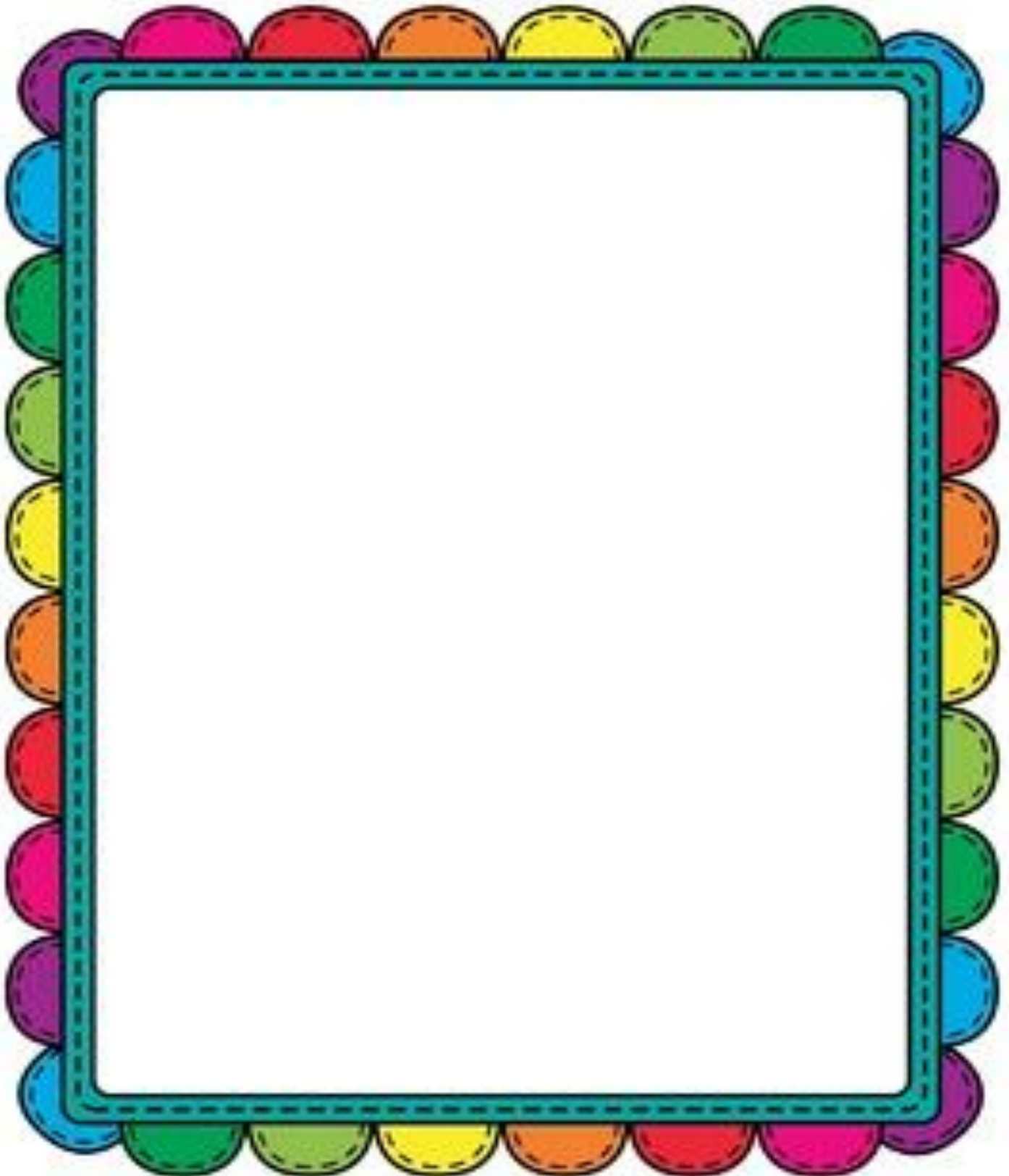
# ALL ABOUT ME

This is me \_\_\_\_\_



# Things that are important to me...

Draw, collage or stick in pictures of anything that is important to you. For example, family, friends, hobbies etc...



# Family and Friends

Draw a picture and label who is in your family...

I live in a...

I live with...

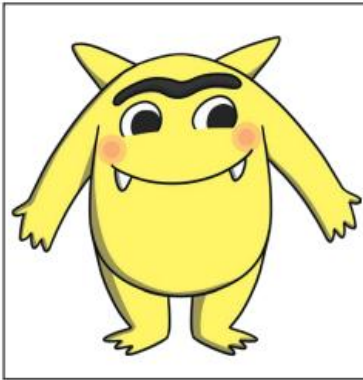
My best friend is...

because...

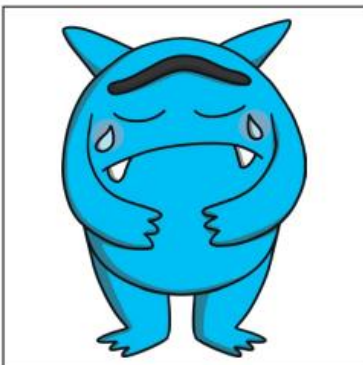
# Things that make me feel...

Draw or write your answer next to each emotion.

Things that make me happy are..



Things that make me sad are...



Things that make me feel love are...



Things that make me feel scared are...



Things that make me feel angry are...







Things that make me feel calm are...



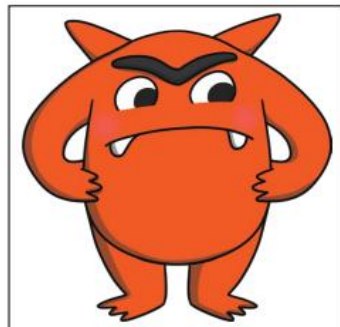
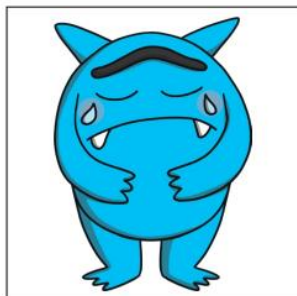
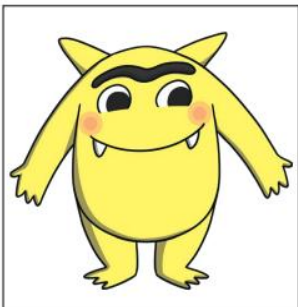
# At the Juniors we use Zones of Regulation.

## The **ZONES** of Regulation®

			
<p><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

# Which colour monster do you think goes in each zone?

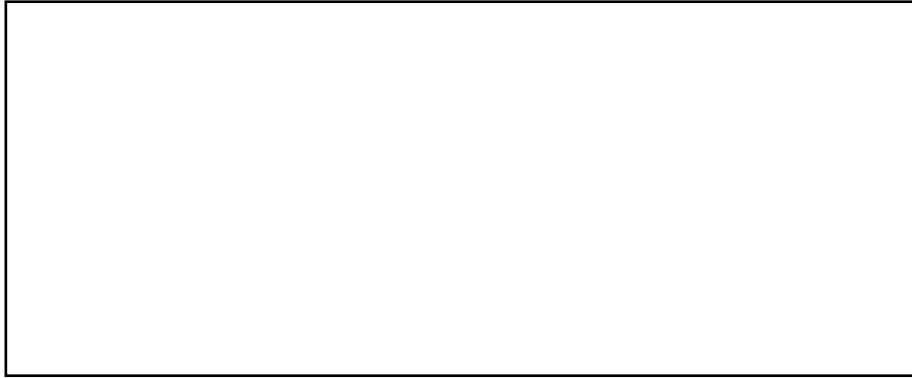
BLUE	GREEN	YELLOW	RED



**At the Juniors we have six school values.**

**Can you think of a time when you have shown this value and write or draw a picture of it below?**


# Perseverance



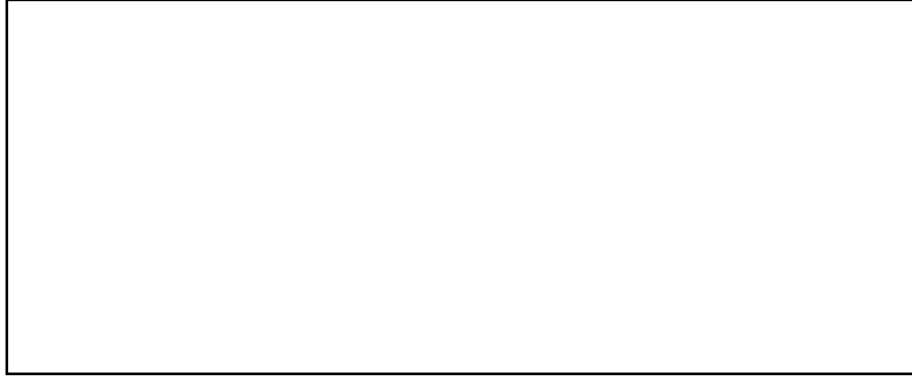
# Curiosity



# Generosity



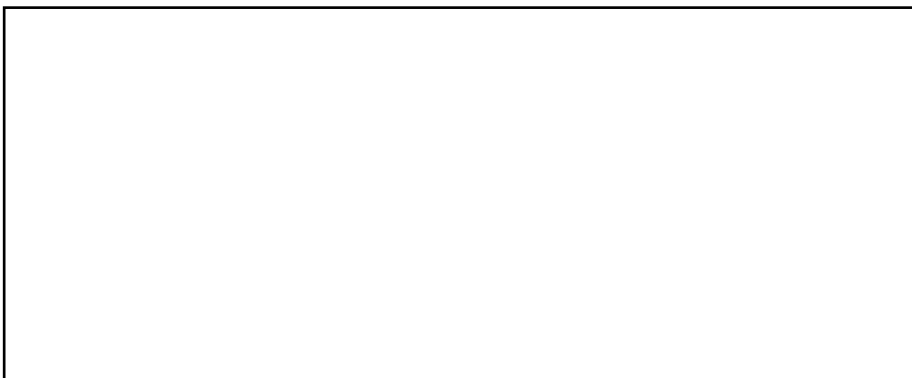
# Friendship

An empty rectangular box with a black border, intended for writing or drawing related to the word 'Friendship'.

# Thankfulness


An empty rectangular box with a black border, intended for writing or drawing related to the word 'Thankfulness'.

# Forgiveness

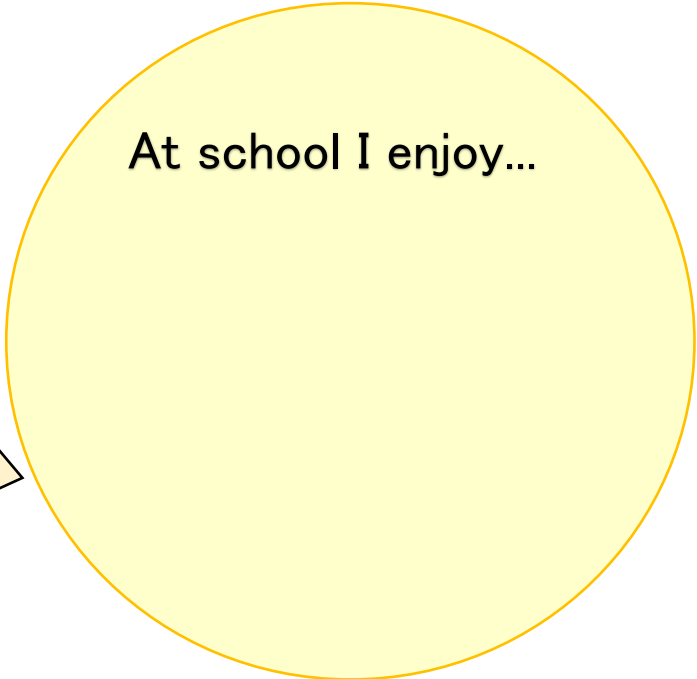
An empty rectangular box with a black border, intended for writing or drawing related to the word 'Forgiveness'.

# Starting School at the Juniors


Draw or write your answer next to each question...



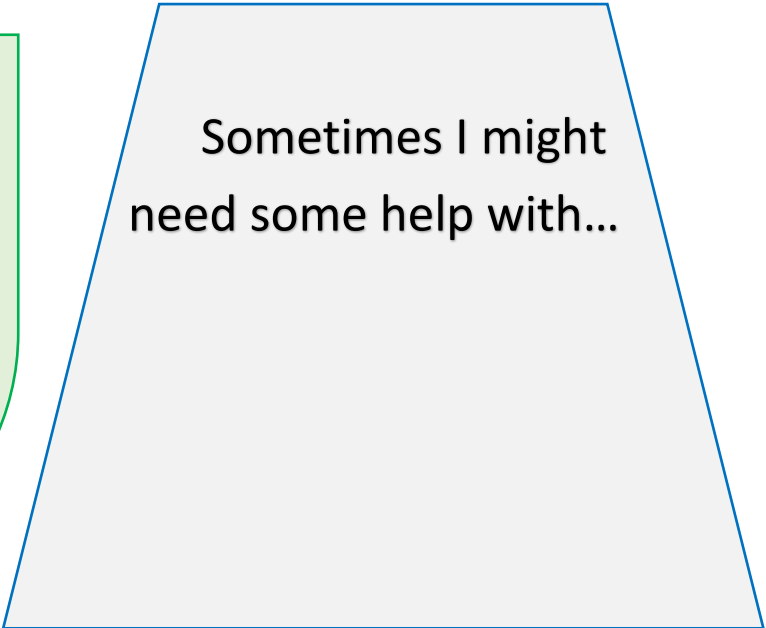
In school I am  
good at...



At school I enjoy...



At the Juniors I am  
looking forward to...



Sometimes I might  
need some help with...



Questions I have about the Juniors are...

