

Oscar and the Colourful Feelings

One morning, Oscar woke up and looked out of his window. There was a tractor driving across the field.

"Brilliant!" he said, feeling a warm, fizzy happy feeling in his tummy.

As he got ready for the day, Oscar noticed something strange:

A tiny colourful teddy bear was sitting on his windowsill. It looked a bit like a soft, friendly puff of mist.

"Hello," said the teddy bear. "I'm a Feeling Bear. I change colour depending on how you feel!"

Oscar's eyes widened. "Really?"





The teddy bear
nodded and suddenly turned green, glowing gently.
"Green means you are happy and calm — like when you see
tractors or sheep with their lambs in the fields around you."

Oscar smiled.

Then the teddy bear suddenly turned blue and its face dropped a little.



"Blue means sad — like when you want a hug or something doesn't go the way you hoped."

Or yellow if you get anxious or nervous. Maybe because something new is happening or you don't understand things or don't understand what is going on.



Oscar reached out and patted the teddy softly on the head. The teddy brightened again but turned red, a sparkly red that wiggled scarily.



"Red means angry — when things feel too loud, too fast, or too much."

Oscar got a little scared but understood. "Sometimes the world *did* feel too much!" he thought.

Oscar didn't like that feeling.

But it was Okay because the teddy, seeing Oscar being unhappy, quickly turned green again.



Oscar giggled. This talking teddy really did understand feelings!

The teddy jumped on Oscar's shoulder and whispered, "Everyone has feelings. They come and go, just like colours in a rainbow.

Whatever colour you are now or today, it's okay. It's all Ok because it's how **you** feel."

Oscar smiled, watching teddy glow happily in his green colour.

And together, they went off to explore how useful knowing these colours might be —

Oscar, and his new colourful friend...



"Hi Oscar... here's a fun challenge for you," the talking teddy said.

"Print out the following onto a piece of card and cut each one out.

Turn them over and mix them up.

Now turn them back over one at a time as fast as you can and see if you can quickly name the feeling from my colour.

When you think you know them all, get a stopwatch and see how fast you can do it."



“Turn them all over again and this time name the feeling and see if you speak about a time you felt like that way yourself.”



Now...

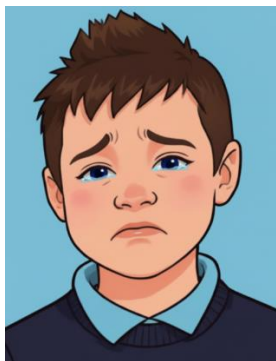
“I want to tell you about something called the **Zones of Regulation**. It’s a bit like having **my four colours** to help you understand how your body and feelings are doing.

There are **no good or bad zones**—they all help you know what you need.

These colours help you understand how your body and feelings go together.

Just like before in the story, there are four zones, and all of them are okay to feel this way...”

Zones of Regulation



1. Blue Zone - Low Energy*

You might feel:

- Tired
- Sad
- Quiet
- Not very interested in things

It's like a tractor that has almost run out of fuel and needs a little rest before it can get going again.

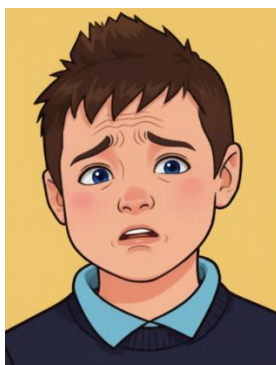


2. Green Zone - Body Relaxed *Calm & Ready

You might feel:

- Happy
- Calm
- Ready to learn
- Comfortable

This is like your favourite farm vehicle moving smoothly across the field—steady, peaceful, and working just right.



3. Yellow Zone- Shakey * Jittery

You might feel:

***Anxious *Nervous *Unsettled *Irritable *Annoyed**

It's like when a sheepdog starts running a bit too fast and might need to slow down to stay controlled.



4. Red Zone - Big Feelings- *Body stiff and tense

You might feel:

- Angry
- Scared
- Overwhelmed
- Out of control

This is like when a tractor gets stuck in the mud and its wheels spin too fast. It needs help and time to calm down.

You might like to copy and laminate this sheet and have it on your table so you can easily tell your teachers about how you feel. Add some more of your own words if you like.





**"Now you know the Zones of Regulation
you can think about:**



What might help in each zone..."

Blue →

A rest, a cuddle, a snack, or a gentle activity. You know you best what else might help you when you are in the blue zone?

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Green →

Carry on! You're in a great place for being happy, for learning and playing. How might you stay in the green zone?

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Yellow →

Deep breaths, a short break, or squeezing a cuddly toy.

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Red →

A quiet safe space, slow breathing, and help from an adult.

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