

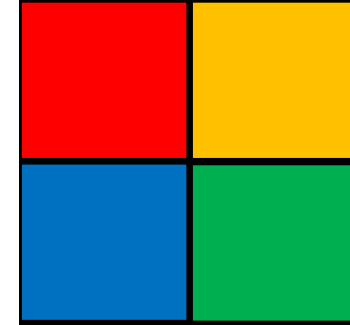
Just Right

<https://www.youtube.com/watch?v=7ExpoeH7xU>

The 'Just Right' approach is a programme created by SEN specialist teachers and health professionals in Brighton & Hove to help children with Autism. It has proved to be a massive success and schools across the city and schools outside of the city have now requested training.

The programme is built round a scaling system, with four colour 'zones' to help children understand and communicate the emotions they are experiencing and how they can go about positively managing them. It helps them understand what makes them feel 'just right' and when they are feeling this - for example, when they are calm and alert and able to respond positively to whatever is happening in their environment.

Just Right



- Traditionally, Just Right is displayed as a tower. At DIS, we display our colour zones in a circle or square to represent that all emotions are normal and valid and that it is okay not to always be 'in the green zone'. We are keen not to create negative connotations to any of the zones but rather teach strategies for children to be able to move through them safely.
- We want to teach children to recognise what their emotions are and give them a common language to be able to talk about them.
- Once they have the language, we can directly teach strategies to aid self-regulation (these will be individual and different for everyone!)



- ▶ The four colour zones are:
 - **green** is 'just right' - calm, alert and focused
 - **yellow** is 'fizzy' - bubbling, not calm, anxious, possibly hyper-alert
 - **blue** is 'floppy or fidgety' - under-stimulated, tired, bored, not alert, possibly feeling ill
 - **red** is 'crisis' - unable to cope, exhibiting challenging behaviours, wanting to run away, shutting down from the outside world
- ▶ The colour coding replaces the need to use a lot of complex words to describe emotions - words which, to children with autism, can seem vague, confusing or even worrying.

The Green Zone



- ▶ This is when we feel at our best.
- ▶ We are ready to get on with our day.
- ▶ We are feeling “Just Right”.
- ▶ We don’t have to be super happy to be in the green zone - ‘okay’ is fine!

How does it feel to be in the green zone?

- ▶ What does our body do?
- ▶ What does our face do?
- ▶ What does our voice sound like?
- ▶ What sort of words do we use?
- ▶ What feelings do we have?
- ▶ How do we look to other people?
- ▶ Everybody's **green** zone looks a little bit different.



The yellow zone



- ▶ No one stays in the **green** zone all the time.
- ▶ Sometimes, we feel a bit fizzy.
- ▶ What do you think this means?
- ▶ When we feel like this, we are in the **yellow** zone.
- ▶ Our brain is very busy trying to make sense of lots of things at the same time.
- ▶ Sometimes we feel fizzy or **yellow** because we are worried or a bit scared.
- ▶ Sometimes we feel fizzy or **yellow** because we are so excited about something that we can't think about anything else- like when it's our birthday!

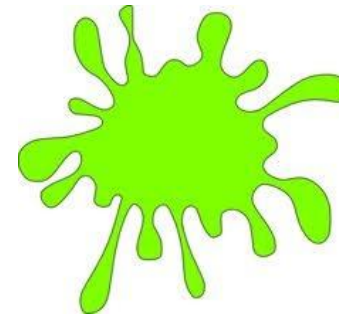
How does it feel to be in the yellow zone?

- ▶ What does our body do?
- ▶ What does our face do?
- ▶ What does our voice sound like?
- ▶ What sort of words do we use?
- ▶ What feelings do we have?
- ▶ How do we look to other people?
- ▶ Everybody's **yellow** zone looks a little bit different.



If we are yellow... how do we get back to green?

- ▶ Everybody finds different ways to try and get back to the green zone when they are in the yellow zone.
- ▶ Some ideas are:
 - ▶ Find somewhere quiet to go
 - ▶ Count to 10 slowly
 - ▶ Go for a walk
 - ▶ Look at a book
 - ▶ Tell myself a calming thought, e.g. “this will finish in five minutes”
 - ▶ Talk to a friend or adult
- ▶ What helps you get back to the green zone when you are yellow?





The blue zone

- ▶ No one stays in the **green** zone all the time.
- ▶ Sometimes, we feel a bit floppy or fidgety.
- ▶ What do you think this means?
- ▶ When we feel like this, we are in the **blue** zone.
- ▶ Our brain is finding it hard to focus on what other people are saying or doing.
- ▶ Sometimes we feel **blue** because we are bored or tired.

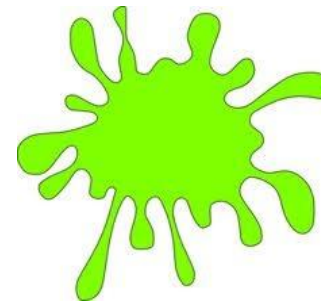
How does it feel to be in the blue zone?

- ▶ What does our body do?
- ▶ What does our face do?
- ▶ What does our voice sound like?
- ▶ What sort of words do we use?
- ▶ What feelings do we have?
- ▶ How do we look to other people?
- ▶ Everybody's **blue** zone looks a little bit different.



If we are blue...how do we get back to green?

- ▶ Everybody finds different ways to try and get back to the green zone when they are in the blue zone.
- ▶ Some ideas are:
 - ▶ Get up and walk around
 - ▶ Ask for help
 - ▶ Stretch
 - ▶ Have a drink
 - ▶ Do some exercise
- ▶ What helps you get back to the green zone when you are blue?



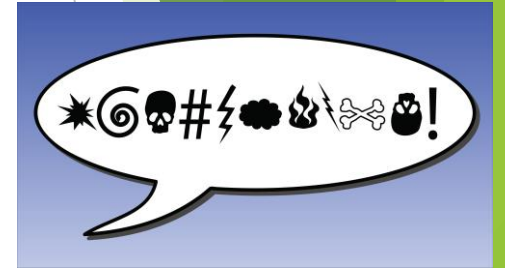
The red zone



- ▶ No one stays in the **green** zone all the time.
- ▶ Sometimes, things get really bad and we might feel like fighting, running away or find it tricky to do anything at all!
- ▶ When we feel like this, we are in the **red** zone.
- ▶ It can be really hard thinking about ourselves and others in this zone. Everyone goes into the red zone sometimes.
- ▶ Our brain is trying to block out all the things around us that are upsetting us.
- ▶ Our brain is often being very clever- trying to help us feel less **red**, but it doesn't always work.
- ▶ It's how our brains help us survive when we feel in danger!

How does it feel to be in the red zone?

- ▶ What does our body do?
- ▶ What does our face do?
- ▶ What does our voice sound like?
- ▶ What sort of words do we use?
- ▶ What feelings do we have?
- ▶ How do we look to other people?
- ▶ Everybody's **red** zone looks a little bit different.



If we are red...how do we make it stop?

- ▶ Everybody finds different ways to try and get out of their **red** zone.
- ▶ Some ideas are:
 - ▶ Ask for help
 - ▶ Go to a safe, quiet space
 - ▶ Listen to music
 - ▶ Look at a favourite book
- ▶ It can take a while to get out of **red**. That's okay- it's the same for everyone.
- ▶ Sometimes, you might go into the **blue** zone afterwards, and then get back to **green**.
- ▶ What helps you get back out of your red zone?



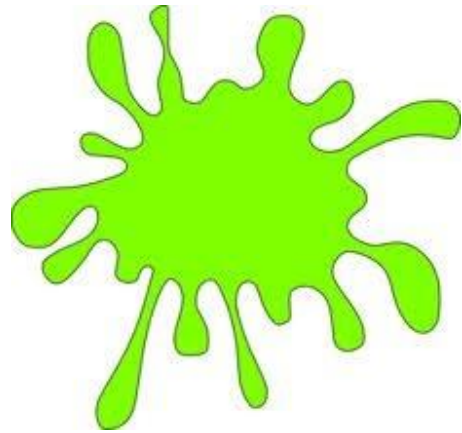
How can we try and feel Just Right more often?



- ▶ Let's check we remember:
 - ▶ What is the **green** zone?
 - ▶ What keeps us there (our anchors)?
 - ▶ What do we look and feel like when we're **green**?
- ▶ What makes us go into the **yellow** zone (our triggers)?
- ▶ How can we tell we're **yellow** (our early warning signs)?
- ▶ What makes us go into the **blue** zone (our triggers)?
- ▶ How can we tell we're **blue** (our early warning signs)?
- ▶ What makes us go into the **red** zone (our triggers)?
- ▶ How can we tell we're **red** (our warning signs)??

Why is the green zone important?

- ▶ What can we do better when we're in the green zone?
- ▶ Play
- ▶ Learn
- ▶ Talk
- ▶ And...??



Using our Just Right tower



- ▶ Everyday we can put our photo on our Just Right chart to show which zone we are in.
- ▶ If we are green, then great!
- ▶ If we are not green, how do you think the Just Right chart might help us work out what to do?
- ▶ Here are some examples...see if you can help me work out what to do



ask for a fiddle toy



sit somewhere quiet



move somewhere safe



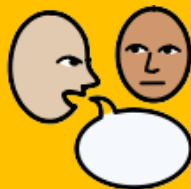
have some time alone



move away



read a story



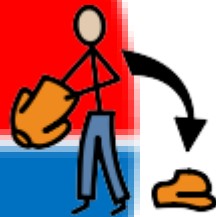
talk to a grown up



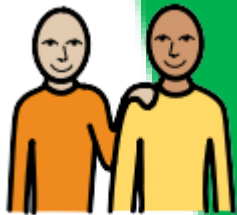
meditate



5 finger breaths



remove my jumper



talk to a friend



listen to the speaker



go for a walk



have a drink



look at the speaker



keep my hands and feet still



sit nicely



move my body



ask for a fiddle toy