**St Joseph’s Pre-school Playgroup**

October 2021

Dear Parents & Carers

We will be introducing and implementing a new programme at Pre-school which is focused on teaching the children about their emotions and how to deal with them. This programme is called ‘Just Right’ and it has been successfully carried out in a range of schools across Brighton and Hove.

We’re asking that in the morning with your child you find their photo and place it on the relevant colour of how they are feeling. The chart will be on the noticeboard on the decking.

The four colour zones are:

* Green: 'just right' - calm, alert and focused
* Orange: 'fizzy' - bubbling, not calm, anxious, possibly hyper-alert
* Blue: 'floppy or fidgety' - under-stimulated, tired, bored, not alert, possibly feeling ill
* Red: 'crisis' - unable to cope, exhibiting challenging behaviours,

wanting to run away, shutting down from the outside world (If your child is feeling like this please speak to a member of staff in the morning)

Many thanks for your co-operation.

Yours sincerely,

*Chloe*

Chloe Standing