

## Blue Cog – Regulation Strategies



Lockdown can be tough, and we all have times when we are feeling a bit down or 'blue'. It is important to recognise that this is a normal feeling. Fischy music has created a great upbeat song for Emotion Works called 'Keep the Blues Away!'.

[Click here](#) to listen to the song. Scroll down the page and read through the Activity Slideshow which explains more about Regulation strategies and gives some good examples of Regulation activities. Complete the activities on each slide.

Use this [template](#) to think about your own 6 Regulation activities that can help you feel better if you get the lockdown blues. Draw a picture in each cog to represent your favourite Regulation activities and give each one a title.

Extension: How about creating a dance routine to go along with 'Keep the Blues Away!'? Record yourself dancing along to the music (a super Regulation strategy!) and send it in to the class email.