



# THE ALPHABETASTICS! ACTIVITIES & EDUCATION

612 4th Ave. E, Olympia, WA • 360-570-1638 OLYFT.ORG

## ALPHA-JOKES

Make your friends and family laugh!

Q: What flies around the school at night?

A: An alphabet!

Q: What has more letters than the alphabet?

A: The post office.

Q: Why is B very cool?

A: Because it is sitting in the AC!

Q: What is the longest word in the dictionary?

A: 'Smiles', because there's a mile between each 's'.

## ALPHA-GRAMS

An ANAGRAM is a word game where you make words, names or phrases by rearranging or taking parts of the letters of another.

For example, rescue and secure are anagrams of one another.

**How many anagrams can you make with the word ALPHABET?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## WORD SEARCH

Can you find all these words and circle them?

*They can be diagonal, across or down!*

A C K A M A R A C K U S S X E  
J T X O I Y P O K E Y L E O P  
E R U R F K B H S M A V Z G I  
E L E M E N T A L I I N V J Z  
N Z E O L K X S D J O H C F Z  
S G G P S U J L D G S A T K A  
B A H H H D A N F U Q O W A Z  
S R A O V A A K O R O O R Z Z  
A G E V K H N M H R I F B O Y  
R A L A F E R T P K P B J O M  
B N V F T O Y G I O U C B V V  
P T F G N H A A E N G A I L K  
D U P I S Z E N Q L E G H H E  
K A G G T H O P S C O T C H Z  
B N H M A L A R K Y B K S O Z

HOPSCOTCH

PIZZAZZY

HOKEY

GONZO

POKEY

GARGANTUAN

HANDJIVE

ELEPHANTINE

ELEMENTAL

GINORMOUS

ROOT

ACKAMARACKUS

DIAL

FRIBBLE

BREATHE

MALARKY

KAZOO

# ABOUT THE GREEN ZONE

Green Zone is a groundwork for positive behavioral support. It incorporates shapes and colors that relate to behavior in a way that is fun, understandable and accessible for everyone. Halona and her moms' use many Green Zone tools in *The Alphetastics!* to navigate their challenges. We feel our best when we are happy and calm and strong, like we can tackle anything. Sometimes, though, we feel stressed and scared OR sad and guilty OR really angry and out of control. It's okay to feel these ways AND to ask for support when we do. With Green Zone we can learn how to manage these big feelings and get back on course to feeling good.

## THE GREEN ZONE

The Green Zone is where we feel good. It is where we eat, sleep, help others, learn, work, play and pray. The Green Zone is the best place to learn new things which helps us grow.

**GROW THE GREEN!**

I'm feeling good.  
This is the perfect time to help me learn new things.



## THE YELLOW ZONE

The Yellow Zone is where we feel stressed and scared. We might be nervous about doing new things or meeting new people. We might be worried that things will go wrong. It helps when others see that we are struggling and offer help.

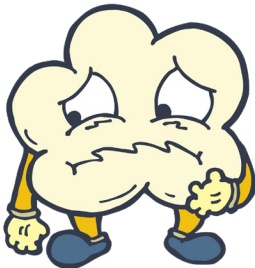
## THE BLUE ZONE

The Blue Zone is where we feel really sad. Maybe we made a mistake and feel bad about ourselves. Maybe we feel hopeless - like things won't work out the way we want. It helps when others see that we are feeling blue and remind us that we are loved and that things will be okay.

## THE RED ZONE

The Red Zone is where we feel out of control and not caring about safety. Maybe we are very mad about something that doesn't feel fair. Maybe we are mad at someone who hurt our feelings. It helps when others protect us in the Red Zone and keep us safe so we can calm down.

I'm feeling stressed and needing you to recognize I'm struggling



I feel really bad about myself. Remind me that you will care and it will be okay.



I'm feeling out of control AND I need help to be safe!



# MATCH IT UP

Can you match the **Feelings and Phrases** that go with each Zone Character

Calm

Worried

Frozen

Stressed

Relaxed

Joy

Afraid

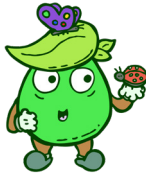
Sadness

Anxious

Positive

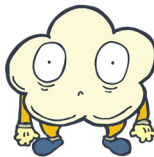
Lonely

Intense



“I am ready to learn.”

“Please leave me alone.”



“GET AWAY FROM ME!”



“Things are starting to feel scary.”

“I feel happy and hopeful.”



“I am worried about the unknown.”

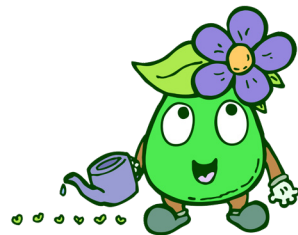
# SELF-REGULATION SKILLS FOR HOME & CLASSROOM

## PAT THE BODY

In times of overwhelm, take a few deep breaths and begin to lightly tap or squeeze parts of your body. You can start at your feet, and make your way up to the top of your head. Use the pads of your fingertips to gently pat the face and neck.

## SQUARE BREATHING

Draw a square in the air with your finger. Breathe in on a four count as you draw one vertical side of the square. Hold your breath for a four count as you draw the horizontal side. Breathe out on a four count as you draw the other vertical side. Hold your breath for a four count as you draw the other horizontal side. Repeat as necessary.



# CONVERSATION QUESTIONS ABOUT THE ALPHABETASTICS!

- In the play, Halona and her family go through some changes and overcome challenges. In what ways has our family changed?
- Halona uses song and music to get her back to the Green Zone. What songs/music make you feel calm and safe?
- Any Bunny Can is the title of the family's ROOT STORY. What familiar stories do you like to read again and again?

# WHAT WE CAN DO TO HELP NURTURE OURSELVES AND OTHERS IN THE GREEN ZONE

---



## Shine a Light

We often move through the world in our body, but our mind is kind of (or totally) checked out. We are here but not really here. When we Shine the Light on right now, we can notice the following things:

**Our breathing:** breath is our constant companion

**Our body:** What sensations can you feel in your body right now? Drop Anchor in a body focus when things are stormy!

**Our thoughts:** When we THINK about THINKING, we make some space between our SELF and our THOUGHTS.

**Our emotions:** Our thinking and feeling is connected. When you Shine the Light on your thinking, you can notice how your thinking is making you feel.

**Urges:** Urges are thoughts that make us want to take action.

**The World Around Us:** We use our senses to Shine a Light on the world around us



## DIAL In for success

DIAL is an in the moment self-check and distress tolerance tool to get through stormy moments and increase willingness to face them.

**Dial** in to emotion rating.

**Imagine** a comforting word, picture or sound.

**Accept** the facts.

**Lean in** if ready for the challenge or **Leave it for now** if not.



## ROOT with Values

Thankfulness for what we have and what we can give.

A tree with strong roots absorbs lots of nutrients, is stronger in drought conditions, and can withstand the storm. ROOT helps us think and talk about skillful, value and goal-focused action.

**Remember** what is important **to us** and **for us**.

**Own** our behavior and its consequences.

**Occupy** our time with things that are important.

**Thank You!** Practicing gratitude on the regular.

---

To find out more about how to use these tools in your home, visit **GREENZONESUPPORT.COM** to download 5 helpful posters for kids.