

Talking Mat activity WC:

Pupil Voice
Zones Talking Mat:



The Talking Mat (below) is used to get an insight into which zone the child feels they are in within particular situations/scenarios without using lots of verbal language. Each item was given as a symbol card which child then sorted into the relevant zone. This was carried out over three occasions of the week commencing and is consequently a snapshot of child's opinions on that day. Where symbols were shown but not seen as a happening in child's life at the moment, he was asked to rate where he feels they would be if they did occur: If an activity was felt to place child between two zones, this activity was discussed and child was asked to place the activity in the zone they felt for the majority of occasions. This will be shown with ().

Home Talking Mat:

Blue Zone	Green Zone	Yellow Zone	Red Zone

School Talking Mat:

Blue Zone	Green Zone	Yellow Zone	Red Zone

Sensory Talking Mat:

Blue Zone	Green Zone	Yellow Zone	Red Zone

Friends Talking Mat:

Blue Zone	Green Zone	Yellow Zone	Red Zone

Lessons Talking Mat:

Blue Zone	Green Zone	Yellow Zone	Red Zone

Suggested strategies / adaptations to try as a result of Talking Mat activity:

Zone's Meaning	ZONES COLOUR	What this may look like:	Adult Support	Child's Actions
Low state of alertness – Brain or body is on a go slow – may feel sad, sick, bored, exhausted, shy.	BLUE			
Regulated state of alertness – our brain / body is under control and able to focus. May feel happy, calm, content and ready to learn.	GREEN			
A heightened state of alertness – emotions are more intense, senses may be heightened. May feel worried, anxious, nervous, silly.	YELLOW			
An intensified state of alertness – Our brain and our body is not under our control. May feel mad, angry, terrified, elated.	RED			

Suggested actions:

- 1.
- 2.
- 3.
- 4.