

The Zones of Regulation

A Curriculum Designed to Foster
Self-Regulation and
Emotional Control

What will my students get out of the Zones of Regulation?

- Process emotions and environmental input
- Respond in expected ways
- Control impulses
- Sustain attention
- Plan ahead
- Problem solve
- Common vocabulary
- Self-awareness and perspective of others

How does the Zones of Regulation do all of that?



- Sequenced lessons
- Common vocabulary
- Build understanding of internal emotions, sensory needs, and thinking patterns
- Teaches tools students can use to regulate what Zone they're in
- Teaches perspective taking

What is Self-Regulation?

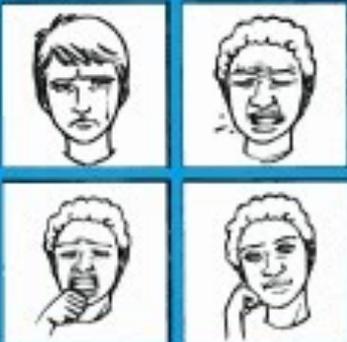
- Sensory Processing
- Executive Functioning
- Emotional Regulation

How does this fit in with PBIS?

- PBIS is the system
- The Zones of Regulation is the way we build the underlying skills so our behavior management system can work
- It teaches the HOW of making better choices

What are the Zones?

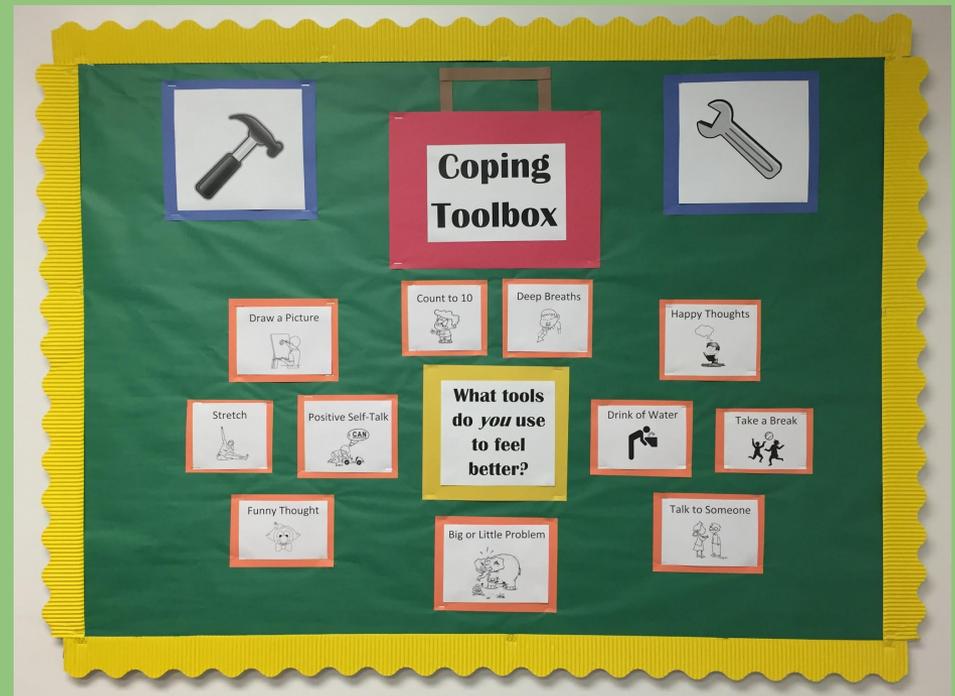
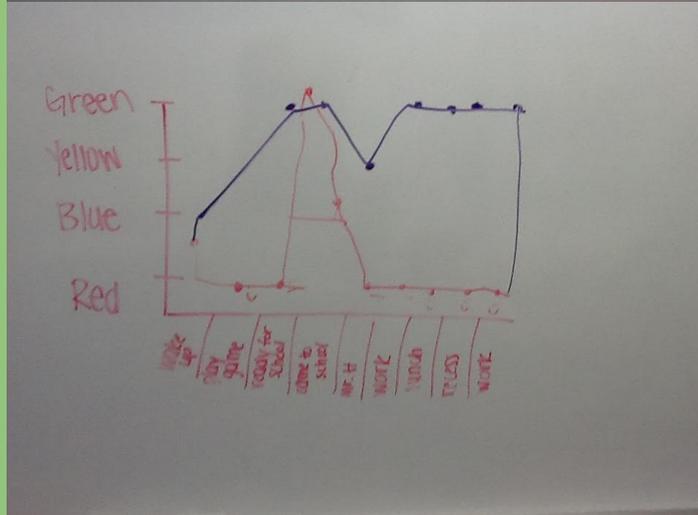
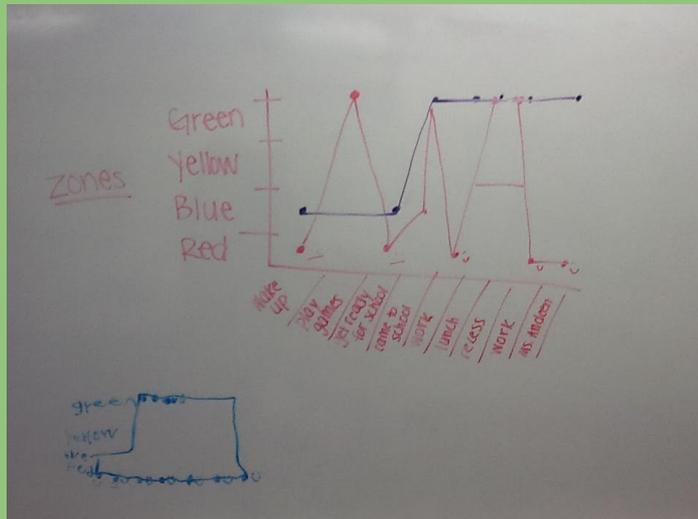
The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

The Zones In Action at Hilltop



The Zones in Action at Riverwood



Zones in Action at Parkland SES

- Monthly Classroom Group
- Visual Cues



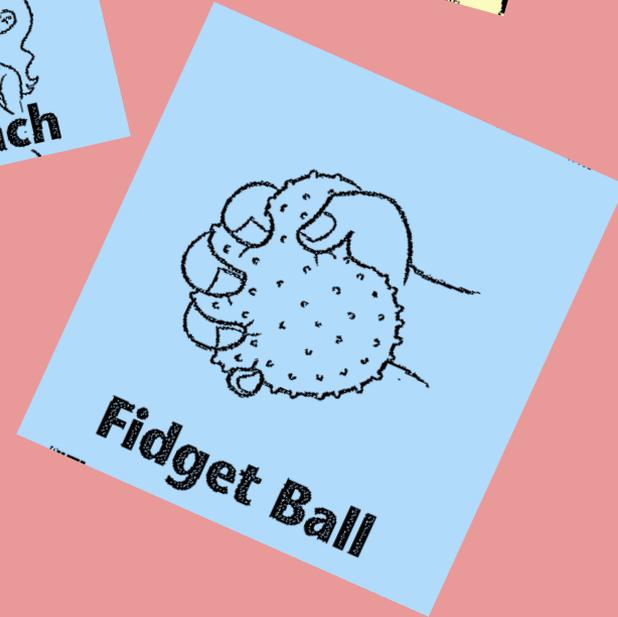
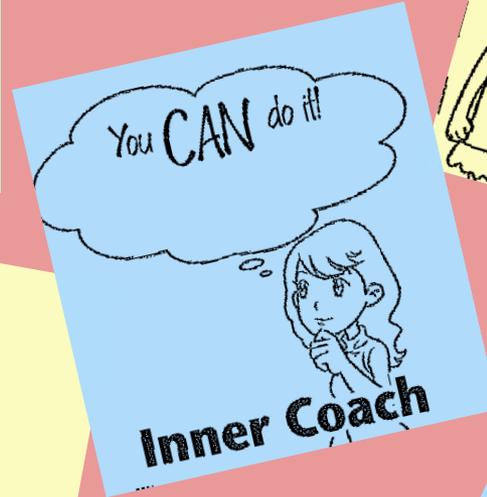
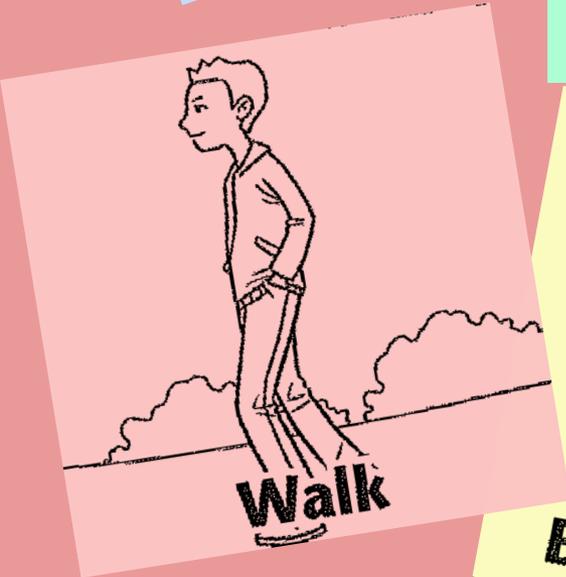
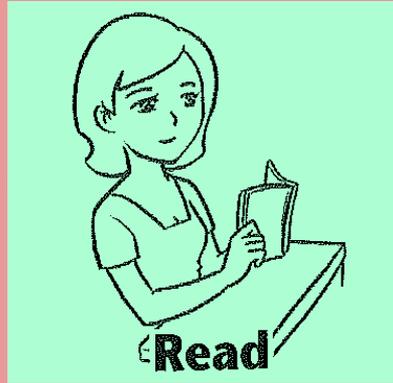
- Communication and Self-Regulation Tool



What Zone(s) is he in?

- <https://www.youtube.com/watch?v=CQI0E1WCLMU-Eeyore>
- <https://www.youtube.com/watch?v=gKxXAwBRuVo->
- <https://www.youtube.com/watch?v=dJFyz73MRcg->
- <https://www.youtube.com/watch?v=Q-GLuydiMe4-Happy>

The Zones in Action



Application in the Classroom

Games and Activities

Role Plays

Making Board Games

Uno

Twister

Videos of Zones

Tool Box/Flip Books

Zones in stories

Ipad App

Bingo