

# 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?

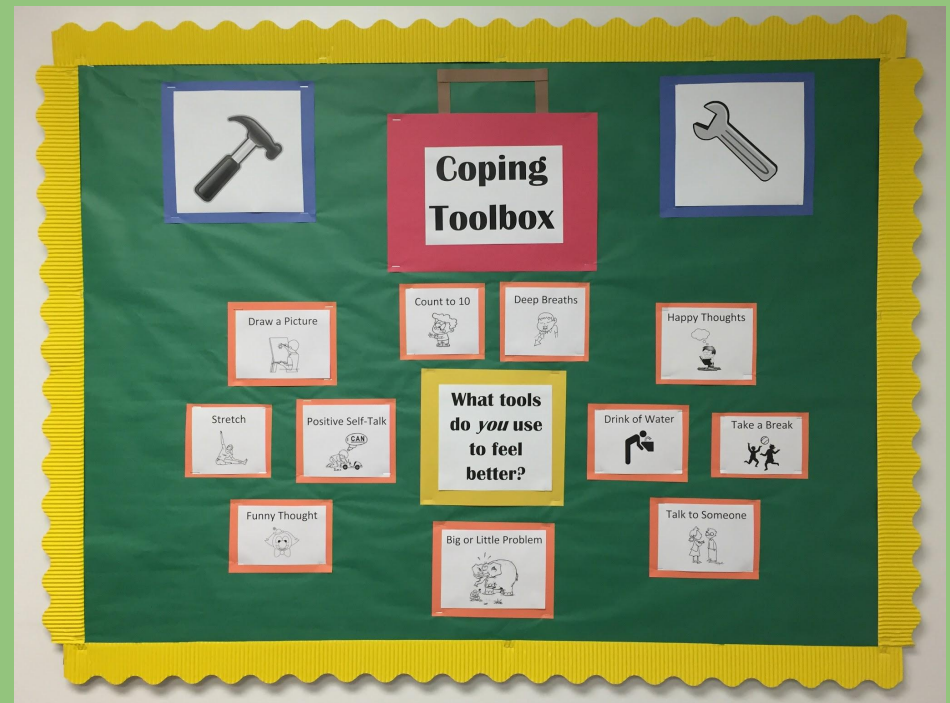
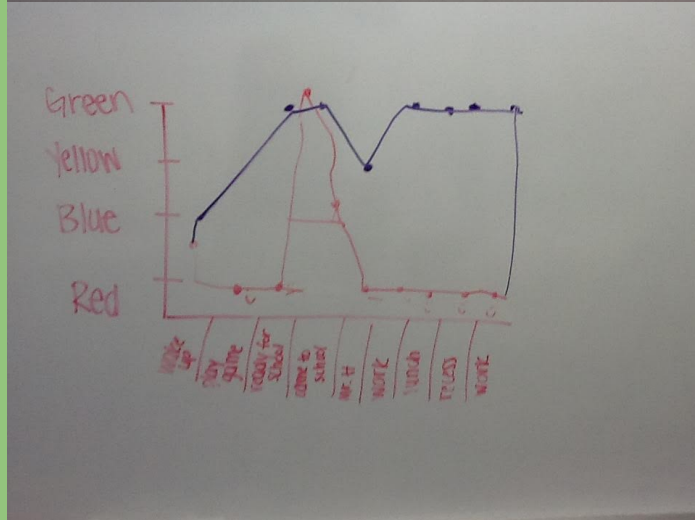
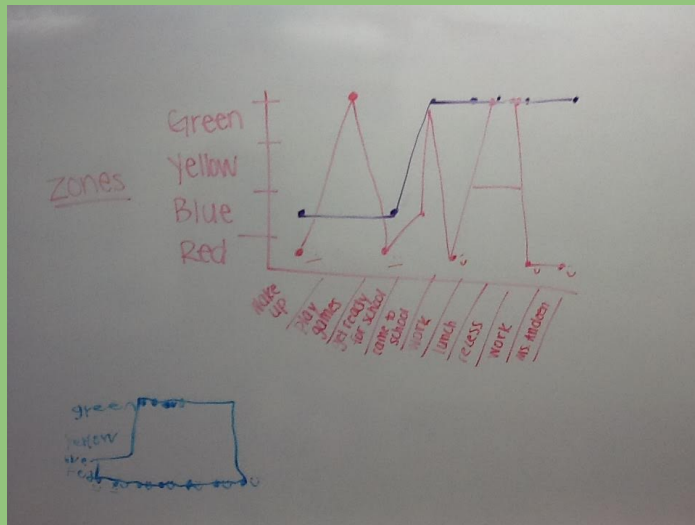
## The **ZONES** of Regulation<sup>®</sup>

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

# The Zones In Action at Hilltop



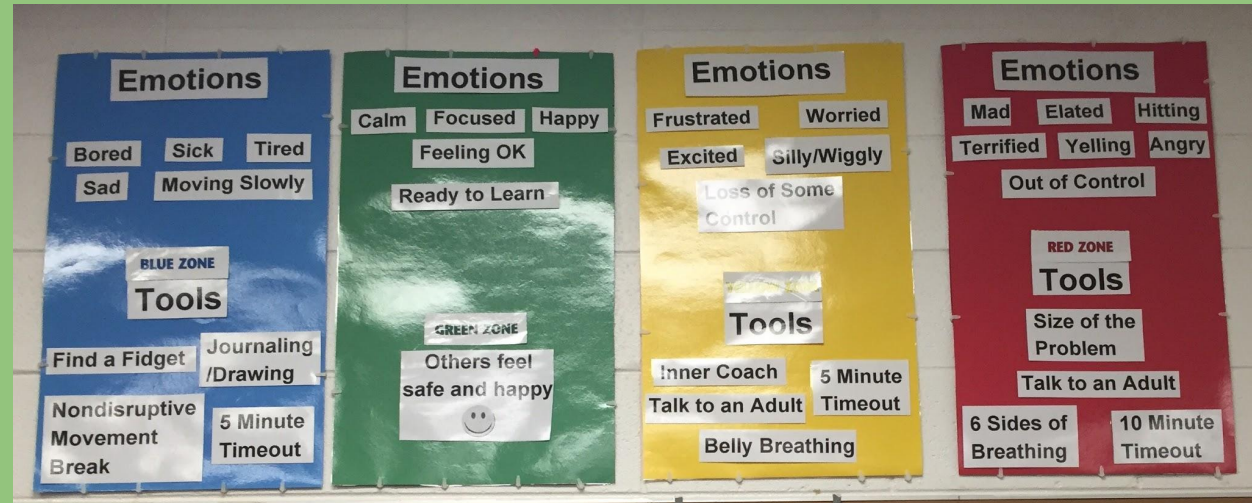
# The Zones in Action at Riverwood





# Zones in Action at Parkland SES

- Monthly Classroom Group
- Visual Cues



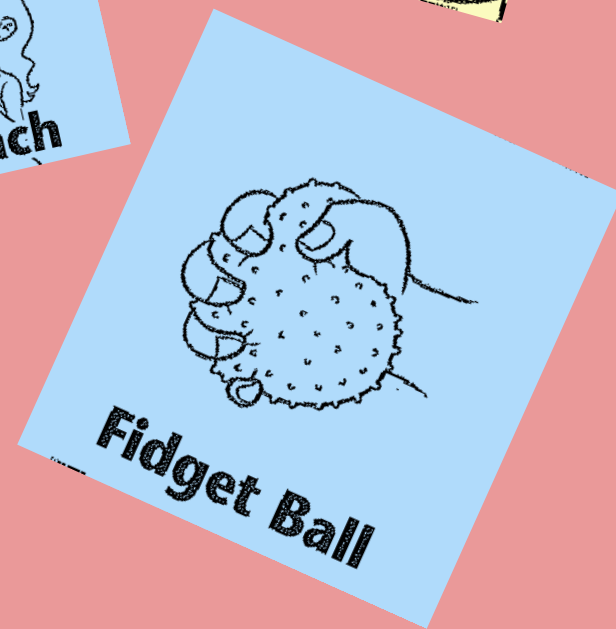
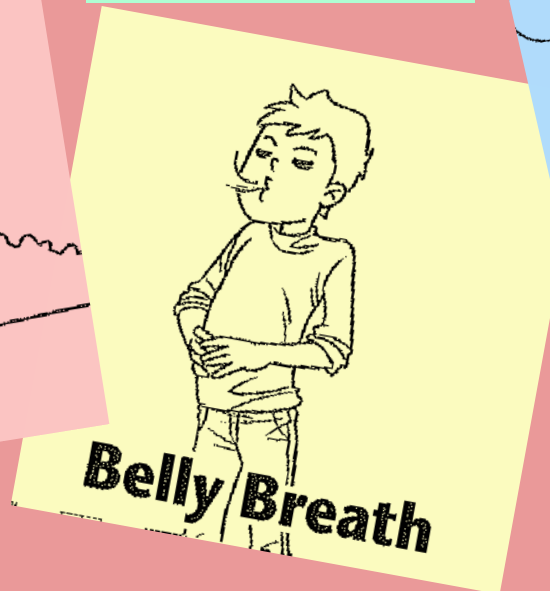
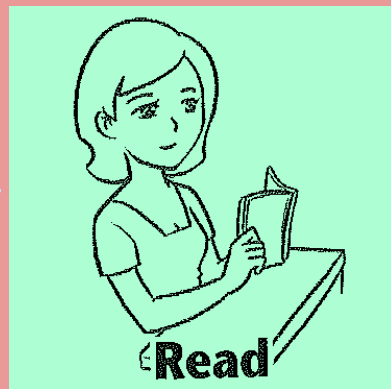
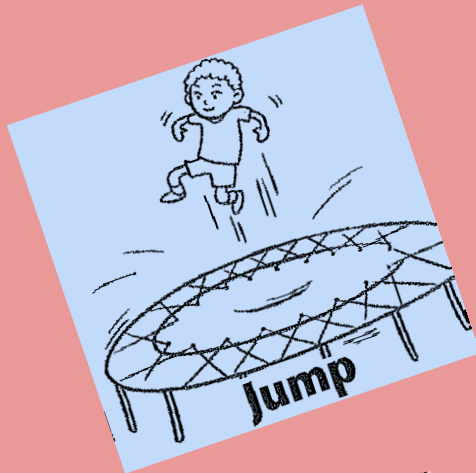
- Communication and Self-Regulation Tool



# 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