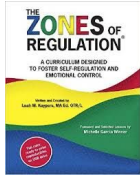




Strategy: *The Zones of Regulation*



What is it? The *Zones of Regulation* was created to help students gain understanding of their emotional states. Students then build a “tool box” of strategies to support themselves in regulating their sensory systems. This is done through a variety of lessons that increase self-awareness, self-regulation and problem solving abilities.

How To Use Curriculum:

- Review Curriculum and lessons from book. Determine structure for the lessons.
- Create the Zones Posters for the wall and visuals as per lessons.
- Schedule 30 to 60 minutes for each lesson. Lessons are broken into 3 Chapters with specific focus.
- Group students with similar cognitive abilities. (2 to 4 students per facilitator)
- Group students according to their ability to take others perspective.
- Provide students with a Zones Folder. (download from CD)

Suggestions:

1. Provide time for checking in.
2. Provide sensory activity. (Go Noodle, Lazy Monster, Yoga)
3. Provide snack including ice water for alertness.

Resources:

Zones of Regulation by Leah Kuypers (amazon)
Social Thinking - Michelle Garcia Winner

Links:

www.zonesofregulation.com

