# **Zones of Regulation**

# **Zones of Regulation is...**

An evidence-based curriculum designed to help students gain emotional awareness, regulation skills, and improve their problem-solving abilities.

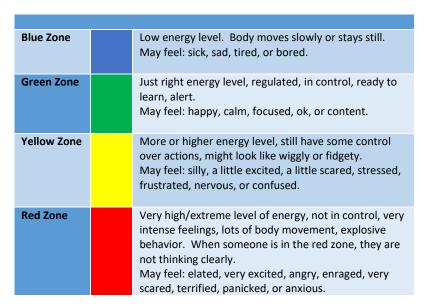
#### IT IS NOT

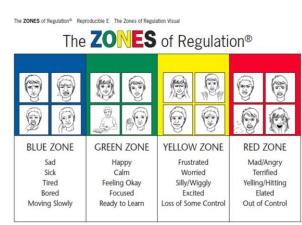
 A numerical rating system, a way to label "good" and "bad" emotions and behavior, a classroom behavioral chart

#### **DO NOT** praise kids for being in the green zone

Praise for identifying an accurate zone and choosing helpful regulation strategies

### **The Four Zones:**





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#### **How to Help Students Using the Zones**

- 1. Helps students gain awareness of the zones by making observations about your own behavior. What zone are you in, how can you tell, and what strategies you use
- 2. Talk about what zone is expected in that situation and how you will get there
- 3. Talk about how people's actions affect the zone that you are in and how you feel
- 4. Help students label their zones and choose strategies
- 5. Reinforce the identification of the zone, the zone to move to, and trialing a strategy

# **Zones Strategy Categories:**

- 1. Calming
- 2. Thinking
- 3. Sensory