

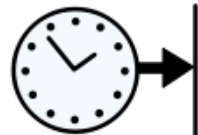
Video clips giving rise to discussion re zones.... (Good fun)

- Which zone?
- https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLUtNB8_kihpY0tIXLHRpy1VHZhtrb-6GZ Elf
- https://www.youtube.com/watch?v=9nuoxJyUdfQ&list=PL2yWdO8V50KgPfDRIA0xoD_ZIbM3HWQdq Buzz
- <https://www.youtube.com/watch?v=KWyszSFp6Fs> Sheldon
- <https://www.youtube.com/watch?v=kAezL6z17Dg&list=PLTL5jnPDmusAGnGP9Fq4kJ-4JLmjQ89S7&index=7&t=0s> Nemo
- <https://www.youtube.com/watch?v=ru0K8uYEZWw> – Justin Timberlake

The **ZONES** of Regulation®



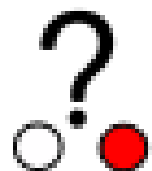
https://www.youtube.com/watch?v=xB5ceAruYrI&list=PLc03_vAS-5G4eSPaeJsTnFXUyxKLMHNso&index=8&t=0s



Time to



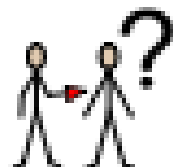
talk



Which



blob



are you



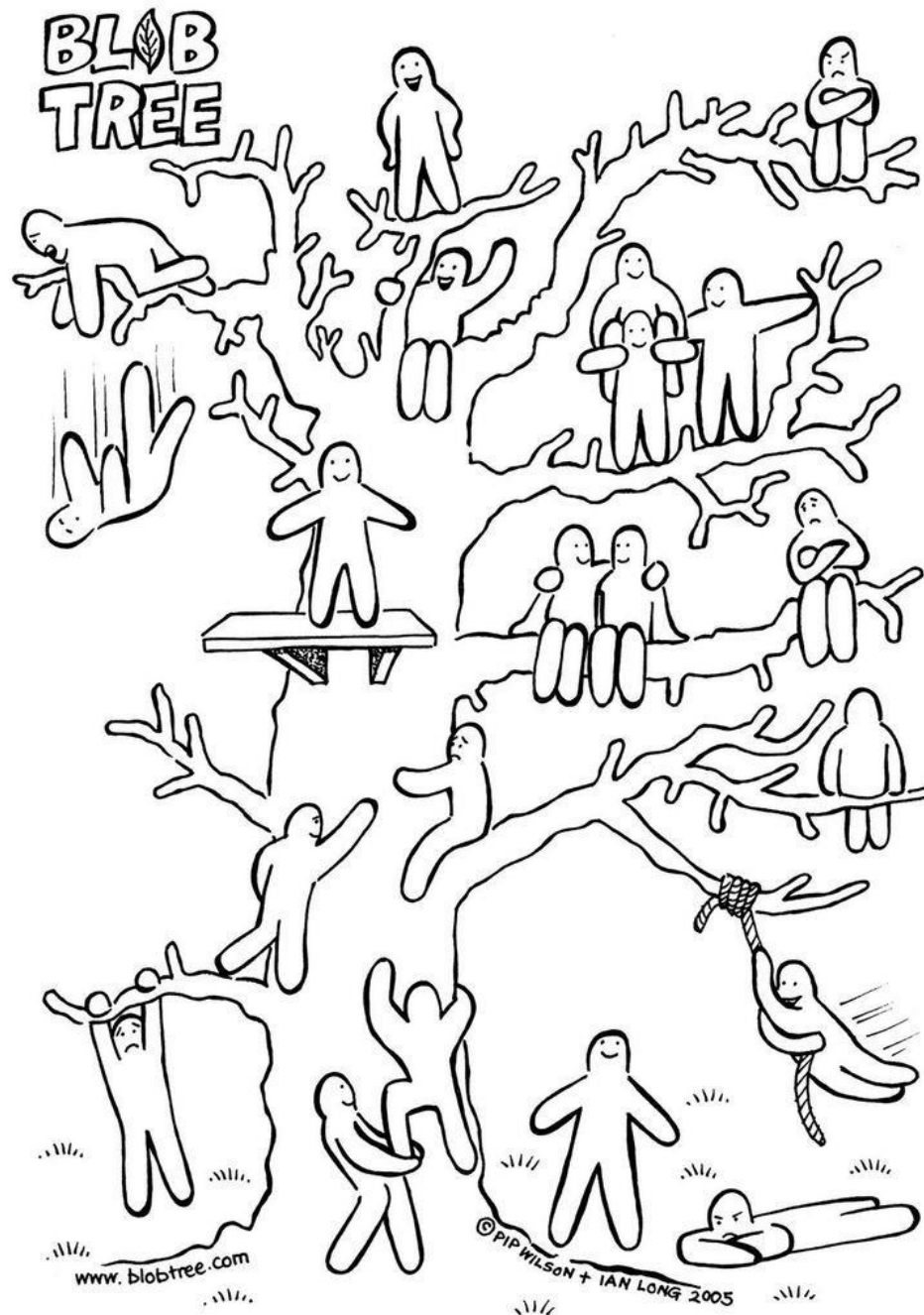
right



now



?

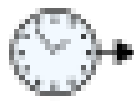




Today



we



will



Learn



about

the



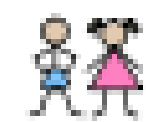
zones

- Learn about the zones



Think about

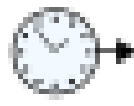
the



children



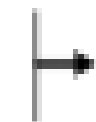
who



will



benefit



from



zones

- Think about the children who will benefit from zones



Consider



ways



of teaching



the zones

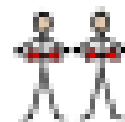
- Consider ways of teaching the zones



Think



how



we



can

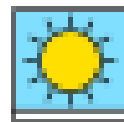


use

the

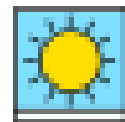


the zones



day

to



day

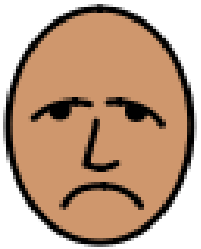
- Think how we can use the zones day to day

What are the zones?

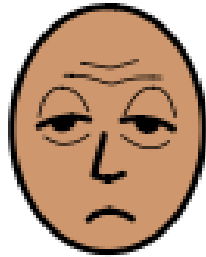
- A concept used to help children to self regulate
- The Zones of Regulation creates a system to categorise how the body feels and emotions into four coloured zones with which the students can easily identify.
- The Zones framework provides strategies to teach children to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts

Blue Zone

- Your body is running slow



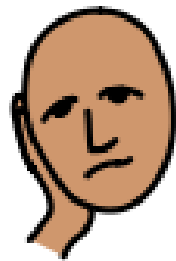
sad



tired



unwell



bored



BLUE ZONE

Sad

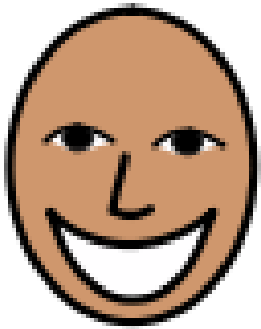
Sick

Tired

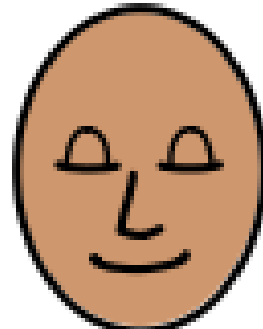
Bored

Moving Slowly

Green Zone



happy



calm



focused



relaxed



GREEN ZONE

Happy

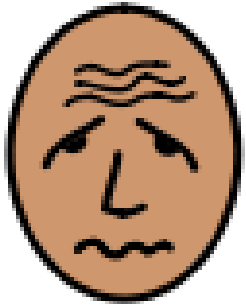
Calm

Feeling Okay

Focused

Ready to Learn

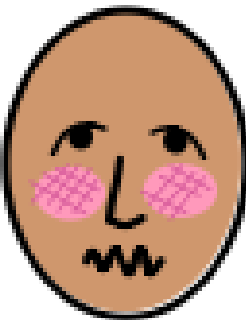
Yellow Zone



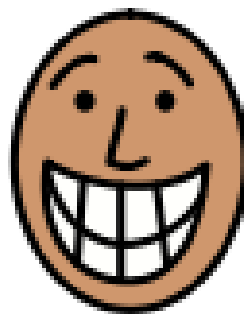
nervous



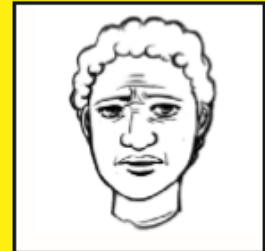
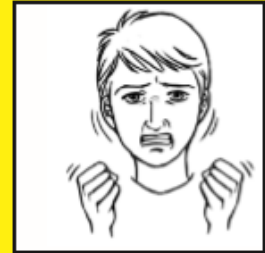
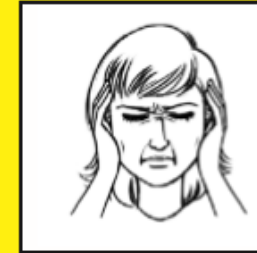
upset



embarrassed



excited



YELLOW ZONE

Frustrated

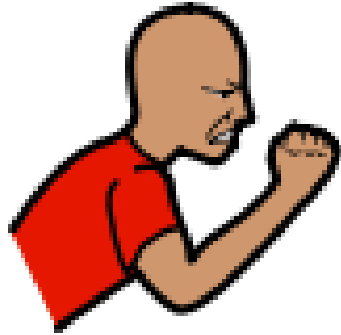
Worried

Silly/Wiggly

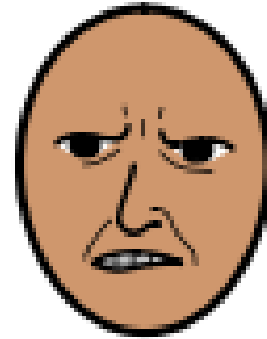
Excited

Loss of Some Control

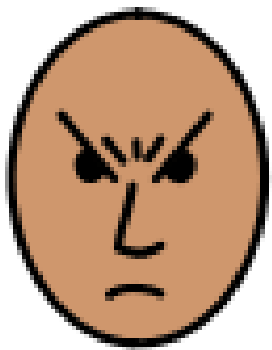
Red Zone



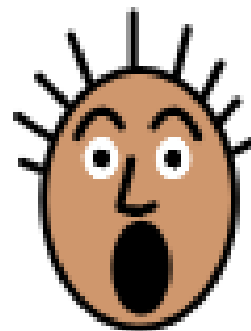
aggressive



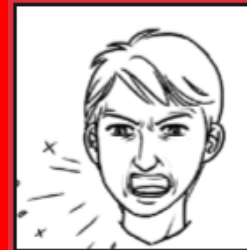
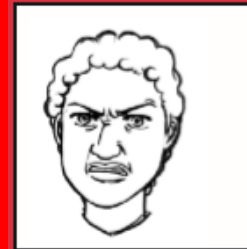
mean



angry



terrified



RED ZONE





Mad/Angry


Terrified

Yelling/Hitting

Elated

Out of Control












 What do you need in your toolbox.




 Write a list,

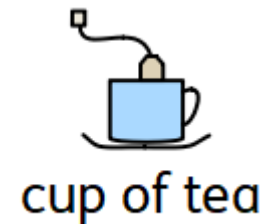
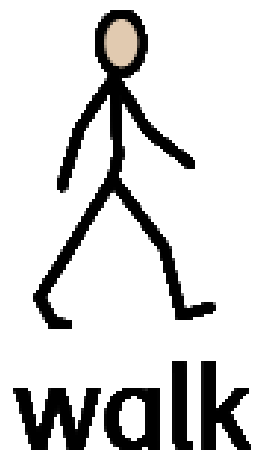
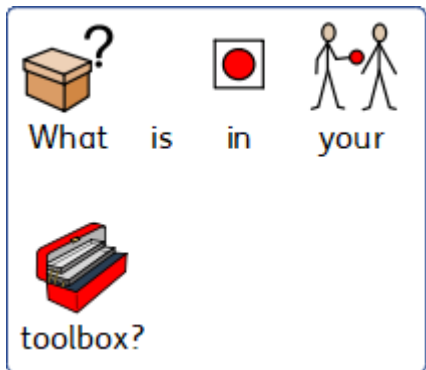





 Share it with your partner

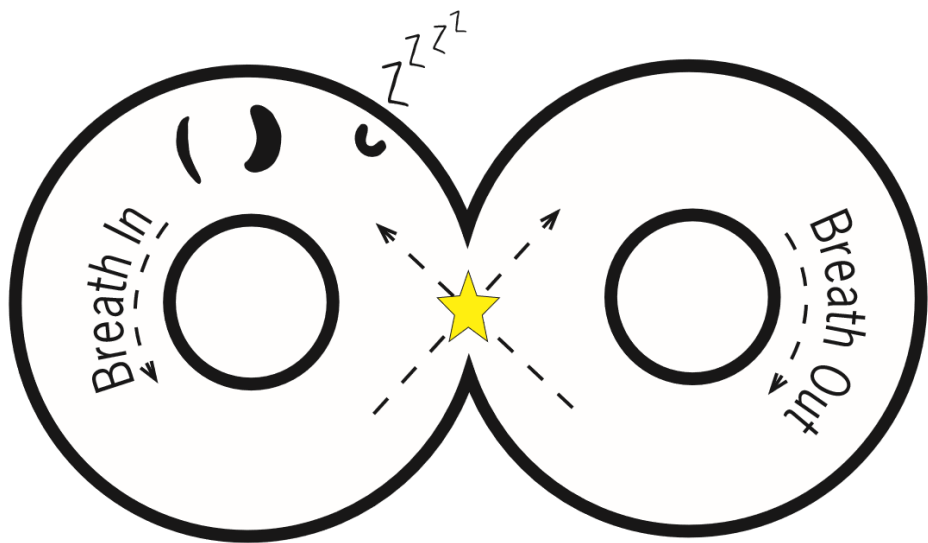
The **ZONES** of Regulation® Reproducible Z

's Toolbox

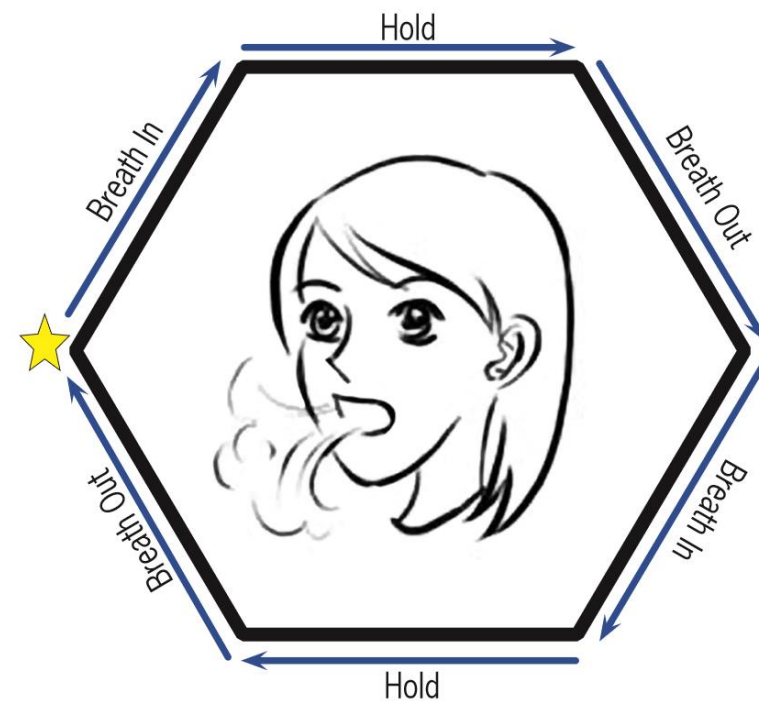
Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
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Lazy 8 Breathing









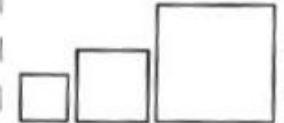









The Six Sides of Breathing



Tools for Each of My **ZONES**

When I feel...

I can try...

<p>Tired or Sad</p> 	<p>Go get water</p> 	 <p>Jumping Jacks</p>	 <p>Jump</p>
<p>Calm or Happy</p> 	 <p>Fidget Ball</p>	 <p>Size of Problem</p>	 <p>Talk to Adult</p>
<p>Frustrated or Silly</p> 	 <p>Squishes</p>	 <p>Run</p>	 <p>Inner Coach</p>
<p>Angry or Mad</p> 	 <p>Lazy 8 Breathing</p>	 <p>Six Sides of Breathing</p>	 <p>Take a Break</p>

AA

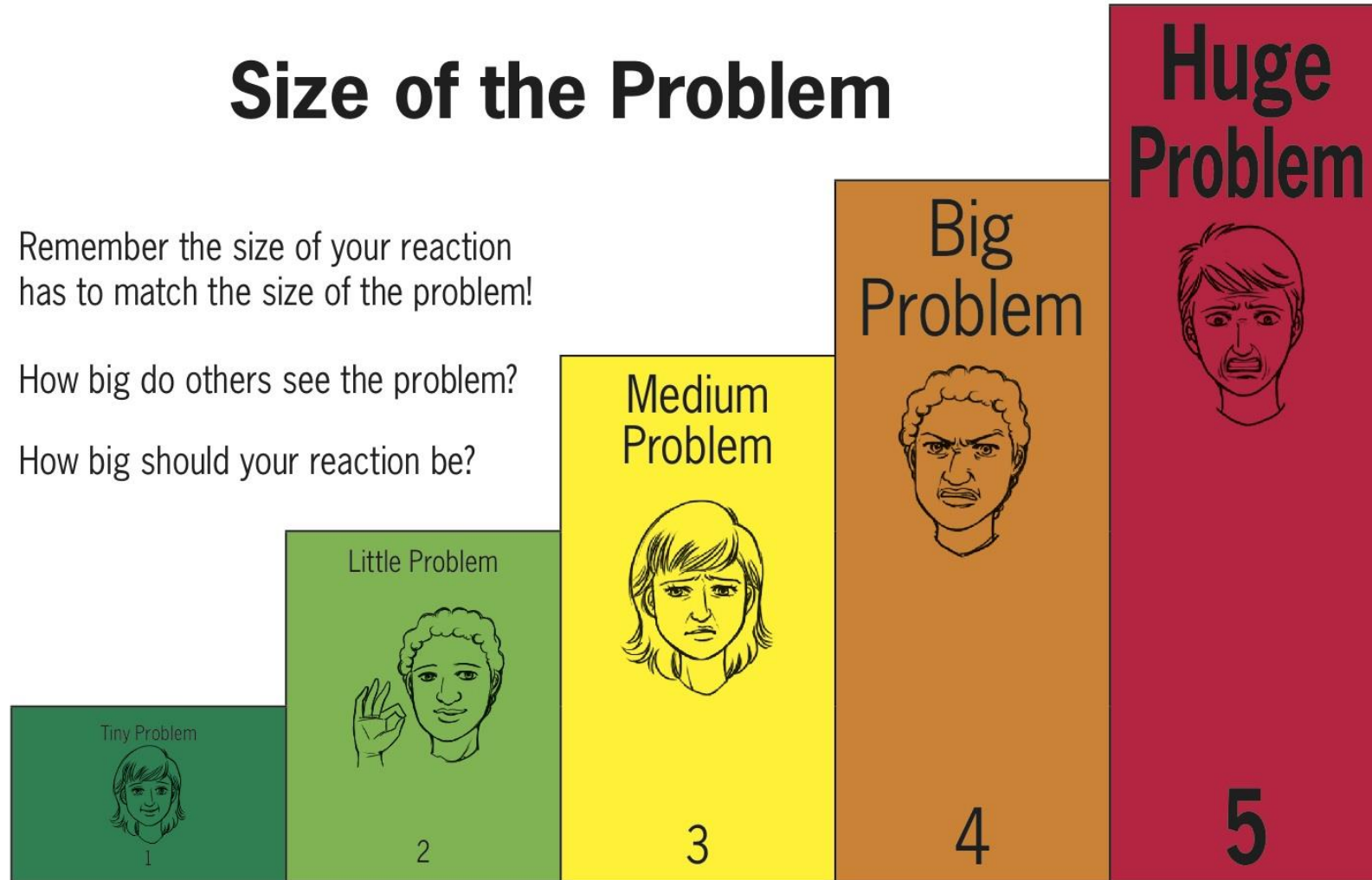


Size of the Problem

Remember the size of your reaction
has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



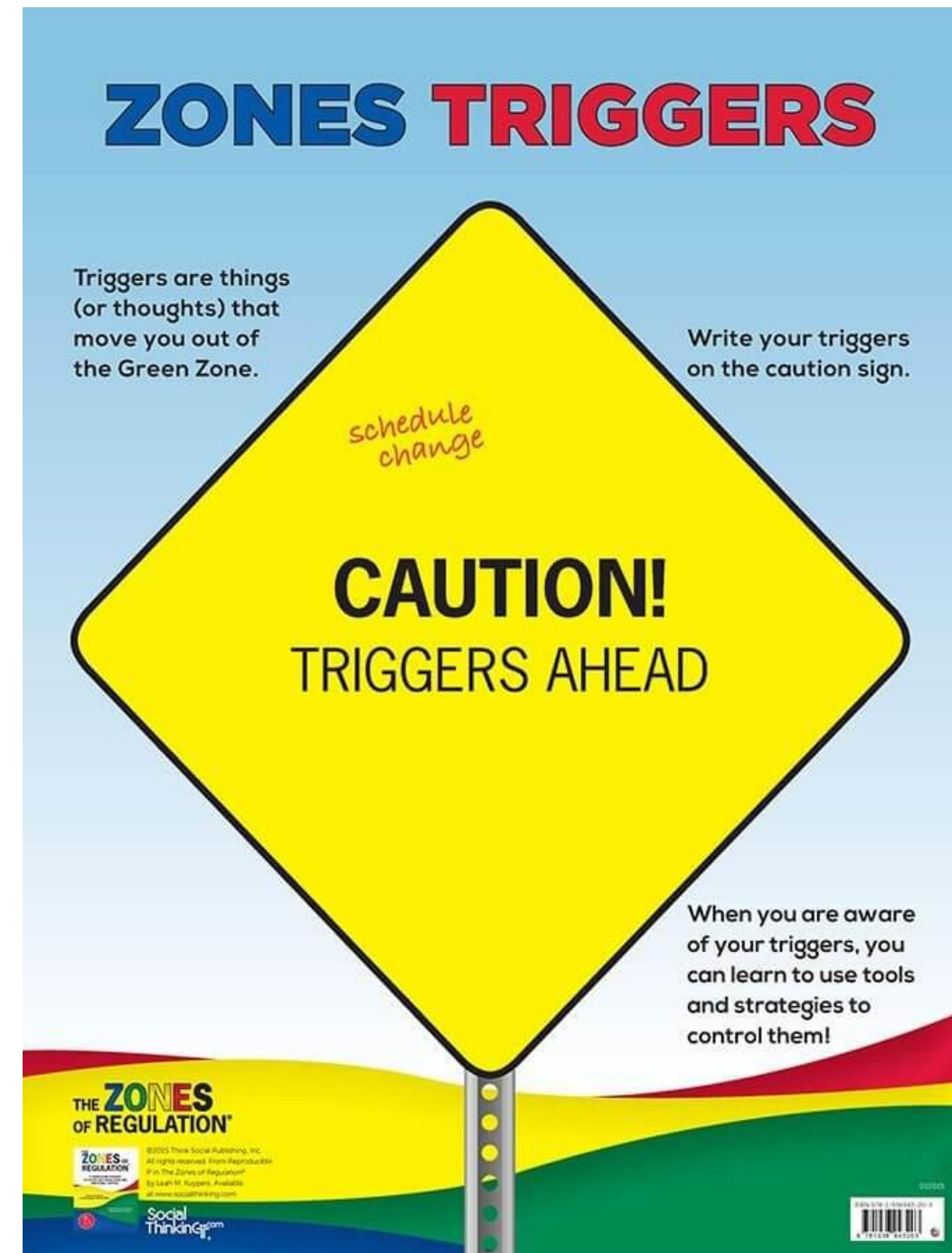
Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's *Think Social!* (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com

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Emotional triggers

- An Emotional Trigger is a response to a person, situation, event, dialogue, reading, film etc, that provokes a strong emotional reaction.
- Often we are not self aware when we are triggered and fall into reacting prior to understanding and processing our strong emotional response.



Learning to self regulate



Inner Critic



Inner critics use negative self-talk that get us nowhere. It puts defeating thoughts in my head.

Times my inner critic gets to me:

My inner critic does not help and instead ends up making a situation worse.

My inner critic might say to me:

I am in control of who I listen to—the inner coach or inner critic.

I can use my inner coach to defeat my inner critic by telling it:

Inner Coach



Inner coaches help us use positive self-talk to give us the courage and strength to get through stressful situations.

Difficult times I may need my inner coach are:

My inner coach reminds me to use strategies to keep myself calm.

To help me get to the Green Zone, my inner coach reminds me to:

My inner coach also helps to keep positive thoughts in my head so I can be successful.

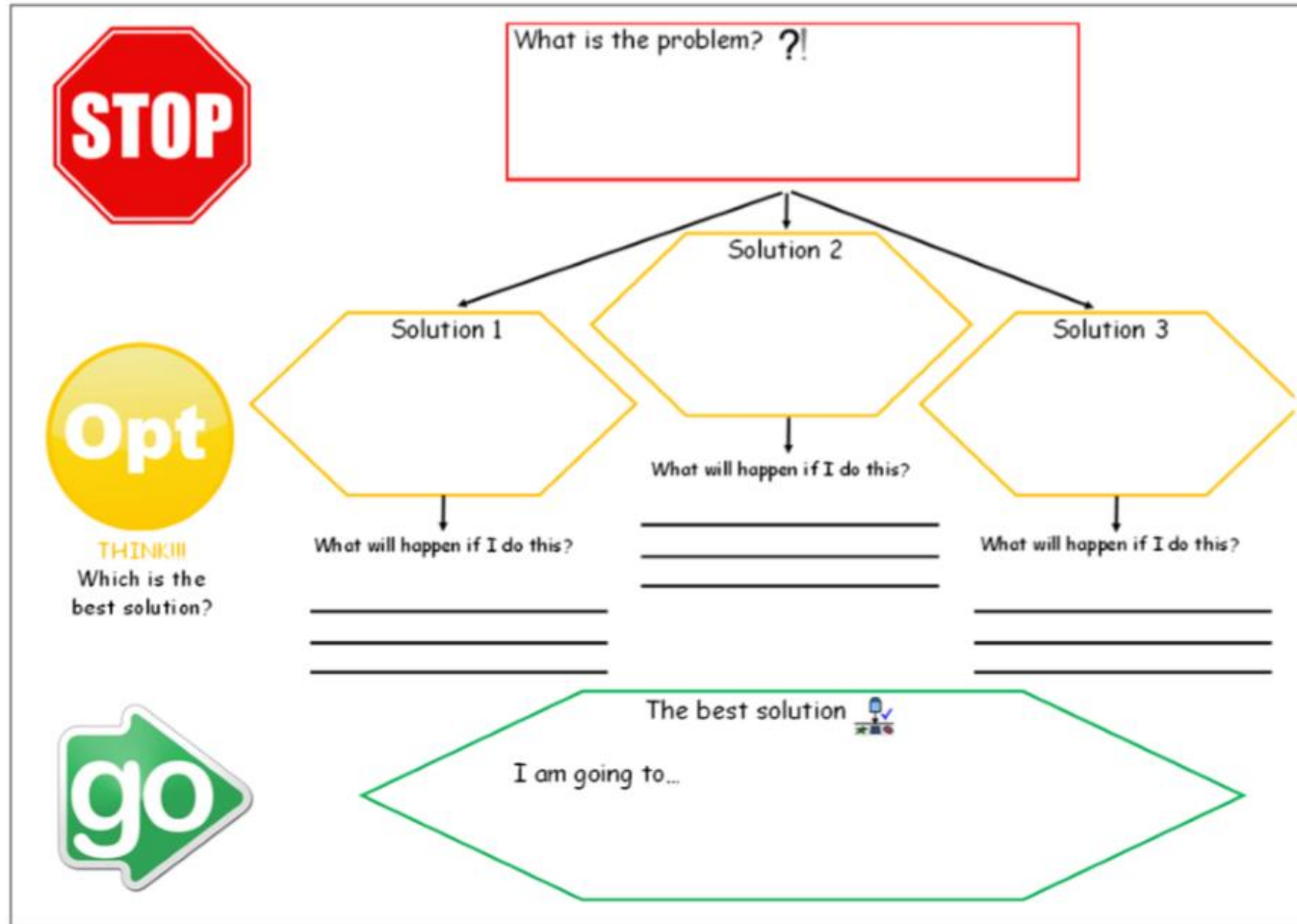
My inner coach might say to me:

All feelings are ok. It's what you do with them that counts... It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones. All of the zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgment.



MOSSWOODCONNECTIONS.COM

Thinking strategies



All Zones of Regulation resources copyrighted 2011, Think

Solution Finder Worksheet

Problem: angry

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

hit someone
run away
breathing exercise
break something

Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.

Use this STOP, OPT, and GO Solution Finder Worksheet to brainstorm all of the OPTIONS you have — good and bad. This includes using your tools as well as the choices that aren't so good, like losing your cool.

- Consider each option.
- Take a yellow or red marker and cross off each option that would cause you to go into those zones.
- Take a green marker and circle the best option(s) to go with.

My best option is: breathing exercises

Use the language

The **ZONES** of Regulation® Reproducible HH

To help reinforce _____ using his or her zone tools to regulate at home, in the community, and at school, please give one Tool Award! every time the student attempts to use a tool. Even if the tool didn't work or you needed to remind him or her to use a tool, making a sincere effort to get out of an unexpected zone earns the student a Tool Award! Please have the student bring awards back to me, _____, as we are collecting them and working toward receiving our Zones License!

Thank you for your help and support.

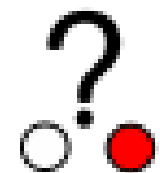
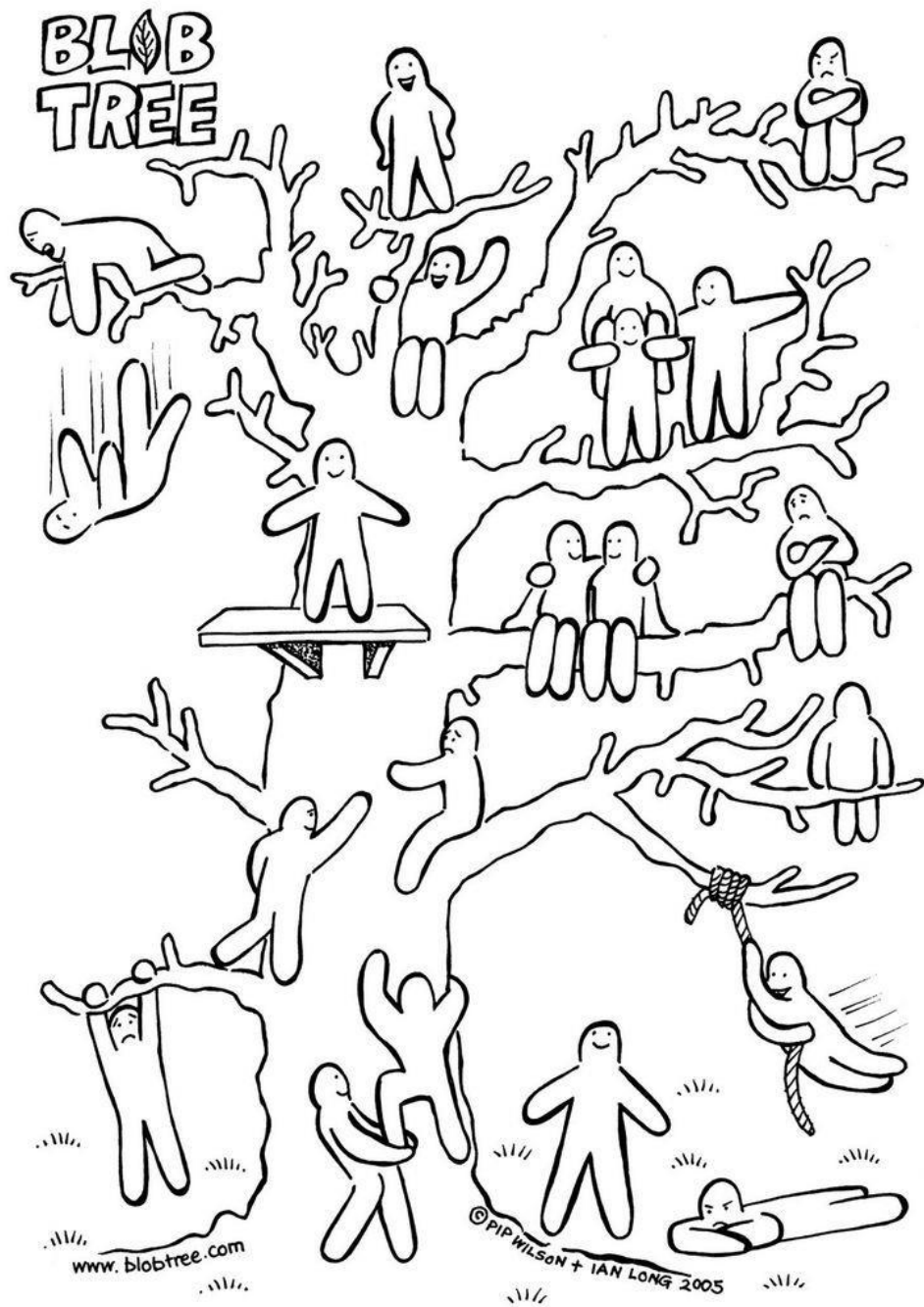


Tool Award!

Congratulations on
using a tool from
your toolbox.

8 top tips for staff to help generalisation

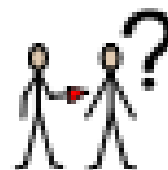
- 1. Use the language and talk about the concepts of The Zones as they apply to you in a variety of environments.
- 2. Make comments aloud so the student understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, “This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths.”
- 3. Help the student gain awareness of his or her zones and feelings by pointing out your observations.
- 4. Talk about what zone is “expected” in the situation or how a zone may have been **“unexpected.”**
- 5. Share with the student how his or her behaviour is affecting the zone you are in and how you feel.
- 6. Help the student become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her zone with you.
- 7. Show interest in learning about the student’s triggers and Zones tools. Ask the student if he or she wants reminders to use these tools and how you should present these reminders.
- 8. Make sure you frequently reinforce the student for being in the expected zone rather than only pointing out when his or her zone is unexpected.



Which



blob



are you



right



now



?