

ZONES of Regulation®

Hello Families-

We are very excited to announce that Centennial School District is beginning the implementation of The Zones of Regulation® Curriculum (“The Zones”) district-wide with our Distance Learning for All. The Zones of Regulation® includes lessons and activities to help our students gain skills in the area of self-regulation and social emotional learning. Self-regulation can go by many names, such as self-control, self-management, and impulse control. Our lessons and learning activities are designed to help the students recognize when they are in the different zones, as well as learn how to use strategies to change or stay in the zone they are in. In addition to addressing self-regulation, our students will gain skills in reading other people’s facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem solving skills.

Using the Zones language can create a comfortable and supportive environment for students to practice their self-regulation skills. You can support your children during this process by doing the following:

- Use the language and talk about the concepts of The Zones.
- Make comments aloud so your child understands it is natural that we all experience the different zones and use strategies to control 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.”
- Help your child gain awareness of their zones and feelings by pointing out your observations.
- Talk about what zone is “expected” in the situation or how a zone may have been “unexpected.”
- Share with your child how their behavior is affecting the zone you are in and how you feel.
- Help our students become comfortable using the language to communicate their feelings and needs by encouraging them to share their zone with you.
- Show interest in learning about your child’s triggers and Zones tools. Ask them if they would like reminders to use these tools and how you should present these reminders.
- Make sure you frequently reinforce your child for being in the expected zone rather than only pointing out when their zone is unexpected.

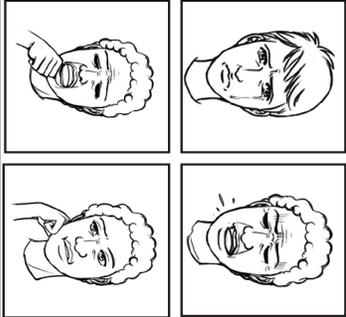
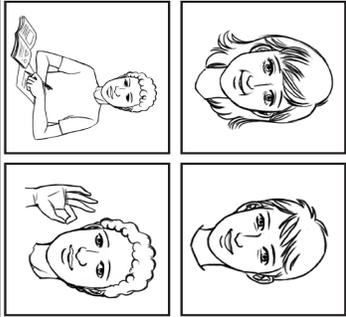
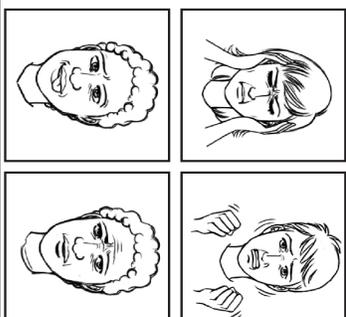
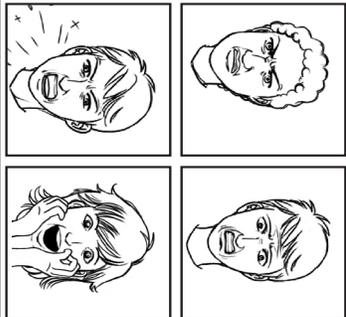
It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones. All of the zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgment.

We encourage you to utilize the Zones of Regulation language at home and support your children with becoming aware of what Zone they are in. Once children are aware of what Zone they are in, you can support them with using strategies to get back to the expected zone- refer to the Zones chart and materials in this packet.

Warmly,

Your Centennial School District Elementary Counseling Team

The ZONES of Regulation®

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

A few examples of strategies a child might use to move out of the Blue Zone, Yellow Zone, or Red Zone.

's Toolbox

Blue Zone Tools

- Talk to a friend or adult
- Ask for help
- Think happy thoughts
- Take deep breaths
- Take a rest
- Stretch or stand up
- Go outside
- Give a compliment

Green Zone Tools

- Positive attitude
- Great listening
- Focused
- Paying attention
- Ready to learn
- Feeling okay
- Kind to others
- Doing my work

Yellow Zone Tools

- Take deep breaths
- Ask for help
- Ask for a break
- Go to Cool-Down spot
- Positive self-talk
- Try my best
- Think positively
- Talk to someone

Red Zone Tools

- Take deep breaths
- Go to Cool-Down spot
- Count to 10 slowly
- Draw or color
- Apologize
- Do a different activity
- Imagine a warm beach
- Quietly stomp my feet