

The ZONES of Regulation®

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What are The ZONES of Regulation®?

- The **ZONES** is a concept designed by Leah Kuypers, licensed occupational therapist, to help a student gain skills in the area of self-regulation.
- Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation.
- For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

What are The ZONES of Regulation®?

- The **ZONES** are designed to help the students recognize when they are in 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, the students have an increased vocabulary of emotional terms, 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.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

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

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How are the ZONES useful?

- A critical aspect of the Zones is that all team members know and understand The **ZONES** language.
- This creates a comfortable and supportive environment for the student to practice his or her self-regulation skills.

How are the ZONES useful?

- You can support the student during this process by doing the following:
- Use the language and talk about the concepts of The **ZONES** as they apply to you in a variety of environments.
- 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."

How are the ZONES useful?

- Help the student gain awareness of his or her 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 the student how his or her behavior is affecting the zone you are in and how you feel.
- 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.
- 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.
- 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.

There is no such thing as a bad ZONE.

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

Implementing The ZONES School-wide

- **Step 1** – Get a team together and Purchase Zones of Regulation Book By Leah M. Kuypers & Michelle Garcia Winner (Amazon.com)
 - Our team consisted of three individuals: Occupational Therapist, Speech and Language Pathologist & School Counselor.
- **Step 2** – Get approval from administration
- **Step 3** – Plan to present about the Zones to the staff – use this PowerPoint if you want.
- **Step 4** – Plan the student presentation with your team
- **Step 5** – Look at your team’s schedules and come up with times that will work to go to the individual classrooms to present.
- **Step 6** – Present the Zones to the staff. Explain the Zones of Regulation and schedule a time that will work for your team and the teachers for the student presentation.
- **Step 7** – After presentation, share Zones Documents (from CD-Rom) on Google Drive and send home parent packet.
- **Step 8** – Administer survey via Google to get staff feedback.

Implementing The ZONES School-wide

(continued)

- Use The ZONES language school-wide and encourage students to be aware of what Zone they are in so they can self-regulate their reactions and behaviors.
- Once they are aware of what Zone they are in, you can help them move to the Green Zone (happy, calm, ready to learn etc.)
- Post the Zones chart
- Upper grades make their own toolbox
- Lower grades (K-2) Teachers may choose to have a toolbox posted in which they can add strategies

ZONES Lesson Plans and Videos

- [How to access all materials \(& Lesson Plans!\)](#):
- Google: New Holstein School District
- Click on Elementary School
- Click on Staff Listing
- Under Last Name Contains: enter *Schuette*
- Click on [Web site](#)
- On the left side click on WSCA Conference Attendees
- Any Questions? tschuette@nhstd.k12.wi.us

ZONES Lesson Plans - Introductory

ALL LESSON PLANS ARE ON MY WEBSITE

- Go over Zones Chart
- Explain different strategies that can be used to move to the Green Zone.
- Watch YouTube Videos describing each Zone
- Fill out Toolbox (Grades 2-5)

ZONES Lesson Plans and Videos

- Here is a video on what it looks like to be in the Blue Zone (Barbie crying and upset):
<http://www.youtube.com/watch?v=a5ze5PfDEzI&index=2&list=PL87B22B04EC463D3B>
- Here is a video on what it looks like to be in the Green Zone: (Finding Nemo: Just Keep Swimming):
<https://www.youtube.com/watch?v=sB6W2VAX2J8>
- Here is a video on what it looks like to be in the Yellow Zone (Mike's New Car):
https://www.youtube.com/watch?v=zfC_GuHiP68
- Here is a video on what it looks like to be in the Red Zone (Lucy mad in Charlie Brown):
<http://www.youtube.com/watch?v=pq9hBEvFNIM&list=PLD7C6A74DFECE6B3F&index=1>

The ZONES of Regulation® Reproducible 2 * Here are a few ideas for a person's (child's) toolbox. These strategies can be used to move from a blue, yellow, or red zone to a green zone.

's Toolbox

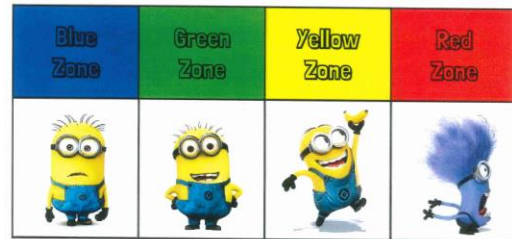
Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
Talk to someone	eye contact	deep breaths	deep breaths
Play with a friend	good body language	Positive Self-talk	apologize
Go outside/Run	Sit up / sit still	Ask for help	Quietly stomp feet
Smile / Think happy	Good attitude	do your best	hug or talk to someone
deep breaths	Good listener	Jump around	count to 10 slowly
Take a nap	focused	Take a nap	color / run
Stretch / stand up	feeling okay	Think positive	Do something else
Jump / Ask for help	Paying Attention	Calm down	

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Other Tools and ZONES Visuals



Other Tools and ZONES Visuals



Other Tools and ZONES Visuals

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ZONE Idioms

Blue Zone

- Down in the dumps
- Downhearted
- Why the long face?
- Feeling blue
- Under the weather

Green Zone

- In seventh heaven
- I feel ten feet tall
- On top of the world
- On cloud nine
- Cool as a cucumber
- Pleased as punch
- I'm cool
- I'm down with that

Other Tools and ZONES Visuals

Yellow Zone

- Wound up
- At my wit's end
- Butterflies in my stomach
- Woke up on the wrong side of the bed
- Chip on your shoulder
- Cause a stir
- At the end of your rope
- Under the wire
- Ants in your pants
- Fish out of water

Red Zone

- Lost my cool
- Ready to boil
- Blow off some steam
- About to explode
- Mad as a hornet
- Beside yourself
- Go bananas
- Go to pieces
- Come apart at the seams
- Thrilled to bits
- Over the moon
- Jumping for joy

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Benefits to The ZONES at the Elementary School Level

- LANGUAGE!!!! A common language for all staff to use with students.
 - For example: A student comes to school in the morning and looks tired and is moving slowly. A teacher can say "You seem like you are in the Blue Zone." The student recognizes they are in Blue Zone and use strategies to move to Green.
- The Zones of Regulation are simple for kids to understand.
- Kids know the different colors, recognize their feelings and use strategies to move to Green Zone (calm down or feel okay).
- As a result students learn to self-regulate.
- After the initial introductory lessons are administered the continuing implementation lessons are delivered.

Additional ZONES Lessons

- Year 1 - Introduced the Zones of Regulation
- Year 2
 - 4K/5K Lessons Introduce Zones
 - Each grade in 1st through 5th have different lessons that focus more on using tools and strategies to self-regulate.
- Continuing implementation
 - The Year 2 lessons are designed to use year after year to provide further education for the Zones in Grades 4K through 5th Grade.

Lesson Plans – Derived from the ZONES of Regulation Book by Leah Kuypers

4K/5K ➤ Zones Introductory Lessons	1st Grade ➤ Zones Idiom Game (Lesson #7) ➤ Zones Bingo (Lesson #2)
2nd Grade ➤ Me in My Zones Packet (Lesson #6) ➤ Stop, Opt, and Go (Lesson #17) ➤ Zones toolbox review (Lesson #13, Reproducible AA & BB)	3rd Grade ➤ Yellow Zone (Lesson # 14) ➤ Zones toolbox review (Lesson #13, Reproducible Z)
4th Grade ➤ Inner Critic vs. Inner Coach (Lesson #12) ➤ Zones toolbox review (Lesson #13, Reproducible Z)	5th Grade ➤ Calming Strategies and Tools Practice – with different stations (Lessons #10 & #11) ➤ Zones toolbox review (Lesson #13, Reproducible Z)

ZONES Lesson Plans – Continuing Implementation

- 4K/5K – Introductory Lesson – Same as year 1 Implementation
- 1st Grade
 - Zones Idiom Game
 - Zones Bingo
- 2nd Grade
 - Zones Toolbox (filled out as a class)
 - STOP, OPT, & GO

ZONES Lesson Plans – Continuing Implementation

- 3rd, 4th, and 5th grade students filled out their own copy of the Zones Toolbox.
- 3rd Grade
 - Yellow Zone Lesson and Role Plays
- 4th Grade
 - Inner Coach vs Inner Critic
- 5th Grade
 - Sensory Stations/Calming Strategies & Tools

ZONES – Individual Counseling

- Use the Zones where applicable in individual counseling sessions
- Examples:
 - 1st Grade Student
 - Kindergarten Grade Student (See detailed examples on my website)

ZONES – Small Group Counseling

- Kindergarten Respect Group
 - Respect to friends and adults
- Unexpected vs Expected behavior and when others have Comfortable or Uncomfortable thoughts about our behavior.
- See example on my website

ZONES – Small Group Counseling

- Ideas for Small Group Counseling
 - Friendship/ Social Skills Group – Use Expected vs. Unexpected behavior and uncomfortable or good thoughts.
 - Anger Management Group – Talk about the Red Zone and strategies that can be used to move to the Green Zone.
 - Shyness or Bereavement or Divorce Group - Talk about the Blue Zone and strategies that can be used to move to the Green Zone.
 - Focusing or Worry/Coping Skills Group - Talk about the Yellow Zone and strategies that can be used to move to the Green Zone.

ZONES of Regulation

- School Climate – PBIS
- Present to school board
- Present to the Staff
- Students have strategies and an understanding of the Zones
- Staff have the Zones Language
- Parent Packet – sent home with all students.

More Information on The ZONES

- Zones of Regulation website:
<http://www.zonesofregulation.com/>
- Zones of Regulation Book and CD on Amazon.com
- http://www.amazon.com/Zones-Regulation-Leah-Kuypers/dp/0982523165/ref=sr_1_1_tw_unk_2?ie=UTF8&qid=1450195647&sr=8-1&keywords=zones+of+regulation

More Information on The ZONES

- Zones of Regulation website – Mrs. Durantes Zones:
 - <http://mrsduranteszones.weebly.com/the-zones-of-regulation.html>
- YouTube – Has Zones of Regulation channels – one for each color Zone.
- Zones of Regulation Apps by Selosoft, Inc.
 - The Zones of Regulation
 - The Zones of Regulation: Exploring Emotions

Contact Information/Questions?

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