

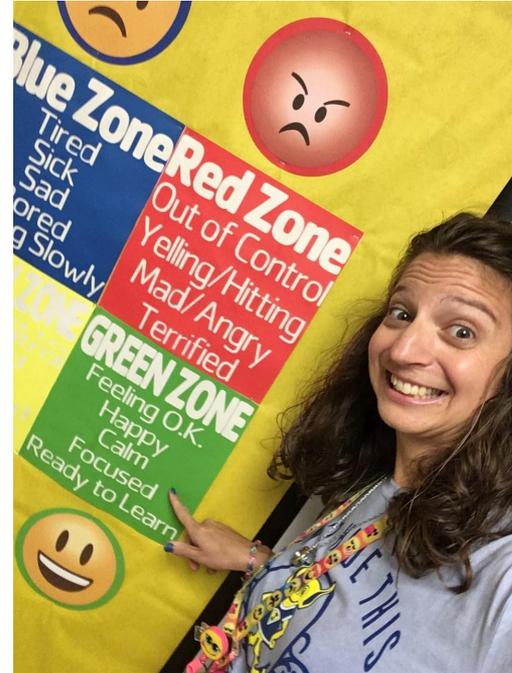
ZONES IN ACTION

Marie Kueny and Beth Pelc



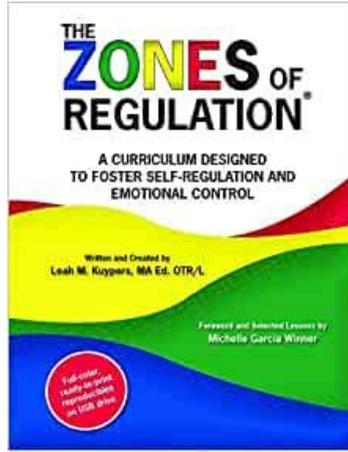
About Us

Marie Kueny, founder and CEO of Compassionate Educators and a school counselor since 2008



Beth Pelc, School Counselor at Jeffery Elementary in Kenosha Unified since 2014

We LOVE Zones.....



But we can't take credit for
it's creation :-)

To learn more about the Zones of Regulation, visit their
website at www.zonesofregulation.com

Goals:

1. Participants will understand why Zones of Regulation is an effective model for helping students achieve self-regulation.
2. Participants will discover hands-on activities they can apply in their own settings to reinforce the Zones concepts.
3. Participants will create a plan for how they can implement Zones of Regulation with their students.

Zones Check In

How many here are familiar with ZoR?

How many are currently using the curriculum or associated activities in your building?

ZoR helps our students immensely!



Blue Zone

- Body is slow
- Like the “rest area” traffic sign, you need to pull over and recharge.
- Sad, sick, tired, bored, moving slowly



Green Zone



- Body is ready to learn.
- Like a green traffic light, you're good to go.
- Happy, calm, ready to learn, focused

Yellow Zone

- Body is a little fast
- Like a yellow light, you need to slow down.
- Like a caution sign, you need to proceed with caution.
- Frustrated, silly, excited, some loss of control
- Recess energy



Red Zone



- Body is running too fast
- Like a stop sign or a red light, you need to STOP what you are doing.
- You are out of control.
- Extreme feelings: mad/angry, aggressive, terrified, out of control

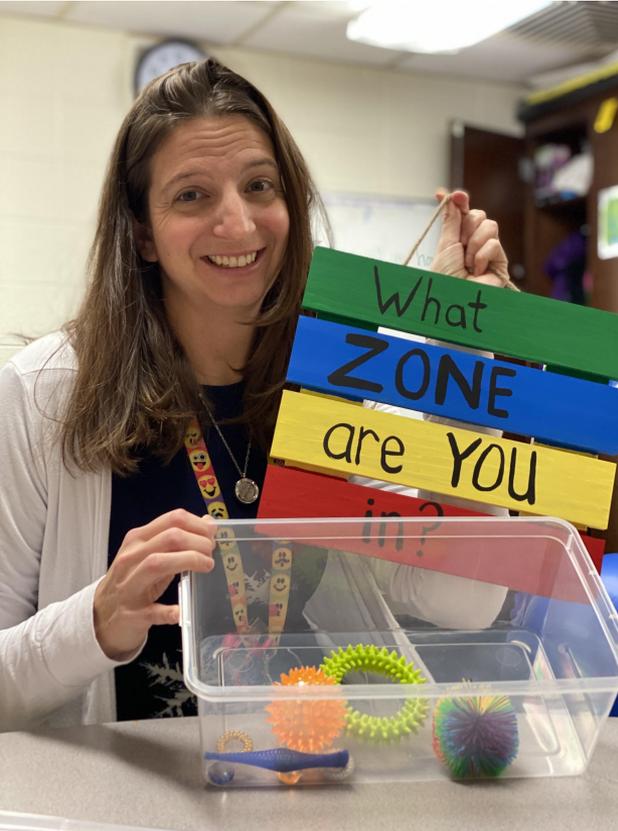
Bitmoji Activity

How to create this:

- Download the Bitmoji App on your phone.
- Create your avatar
- Search for words like “happy”, “sad”, etc.
- Print them to a photo printing place or on a color printer
- Laminate
- Add magnets



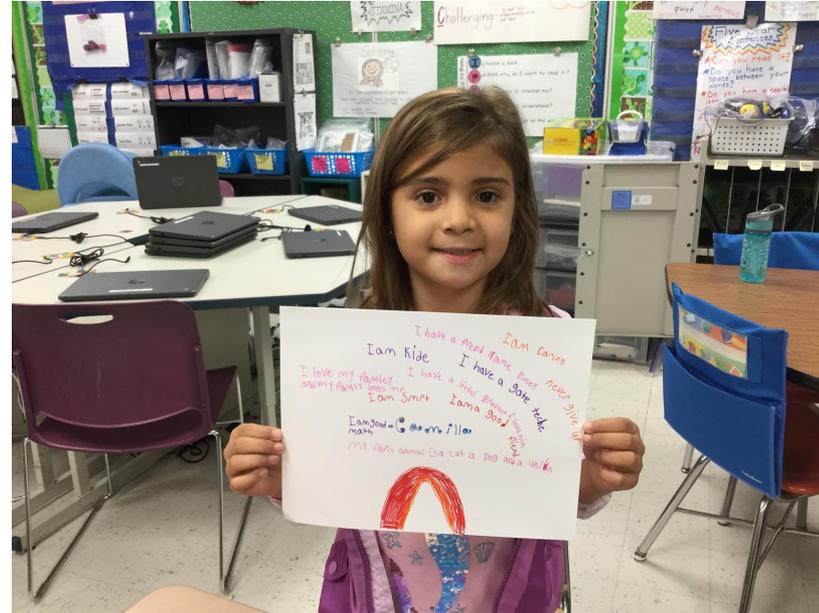
Toolbox & Centers



Inner Coach Activator

Take home activity

- In the middle of the paper, write your name nice and big- fancy if you want :-)
- Think of positive statements that you tell yourself, or that you SHOULD tell yourself.
- Write those words/statements on the paper
- Be as creative as you want!
- Take this home and hang it up where you get ready every day. This will help you activate your inner coach for the day!



Campus Wide Zones

The Jeffery Way

- ✓ We are Safe
- ✓ We are Responsible
- ✓ We are Respectful

Private Conversation

This is a time to share with the teacher what is bothering you so you can get back on track.

Refocus

Sit at one of the refocus disks and calm your body and mind. Think about the behavior that needs to change. When you are ready, you may choose to return to your table.

Structured Refocus

Return to refocus area. Think about what you need and how the teacher can help you to be successful. The teacher will have a discussion with you before you return to your seat.

Buddy Room

Go to your buddy room and fill out a reflection form. Your Buddy Room Teacher will discuss what you need to do to be successful in your classroom. We will call home so that your family is included in helping you be successful.

Critical Behavior

You will be escorted to the office where you will have a conversation with Mr. Johnson/Office Staff and the next step will be determined.

Green Zone

Looks like:

- Drinking
- Focused
- Calm body
- Listening body
- Productive work

Sounds like:

- Quiet listening
- People working
- Working voice levels
- Kind words

Feels like:

- Good
- Ready to learn
- Happy heart
- Full bucket!

Yellow Zone

Looks like:

- A pointing finger
- Arms crossed
- Eye looking
- Wagging foot

Sounds like:

- Loud voice levels
- Whining
- Laughing and laughing
- Only one party voice

Feels like:

- Excited
- Frustrated
- Mad
- Not calm
- Not motivated

Blue Zone

Looks like:

- Arms
- Head down
- Slumped
- Yawning
- Slumped body

Sounds like:

- Crunch
- Shush
- "I'm out"
- Oh no!
- Sigh

Feels like:

- Slow motion
- Unhappy
- Empty bucket
- Bored

Red Zone

Looks like:

- Fighting
- Running, pushing, hitting
- Arms raised
- Head in floor

Sounds like:

- Loud yelling
- Shouting the floor
- Cursing
- Only really hard

Feels like:

- Out of control
- Not in the zone
- Not calm

RULE #1
Follow directions quickly

RULE #2
raise your hand for permission to speak

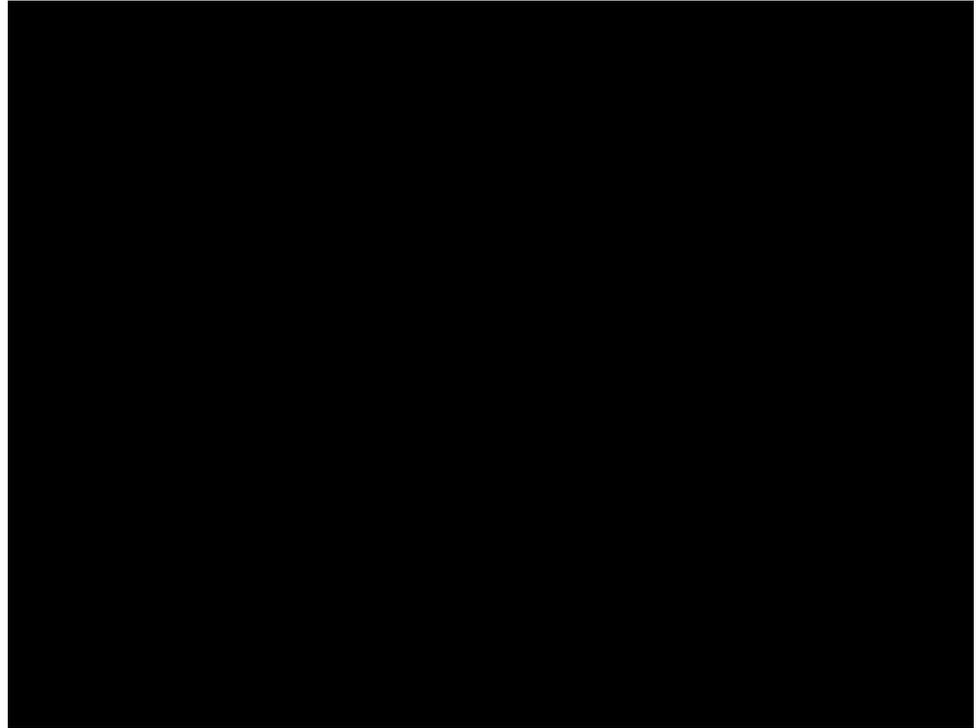
RULE #3
raise your hand for permission to leave your seat

RULE #4
make smart choices

RULE #5
keep your desk teacher happy

Just Breathe

Dragon Breathing





Jeffery Elementary
School
LOVES
the ZONES!

Here are a few reasons
why...

Reflection

What resonated with you the most today?

How can you use these tools & strategies in the important work you are doing?

How will you bring this information back to your campus?

What is your plan for bringing these concepts and activities to life?



Thank you and Keep in Touch!

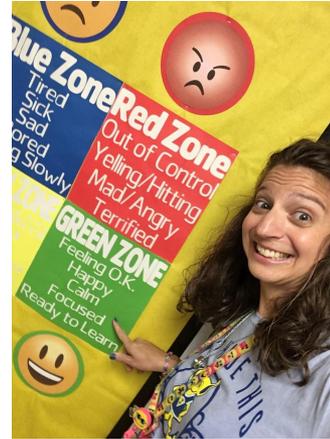


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Join Compassionate Educators on FB!

Email: support@compassionateeducators.com

Listen to “The Compassionate Educators Show”



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Head over to the Compassionate Educators table near the lake windows to enter our free raffle drawing!