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