



# Zones of Regulation

*Outline of Curriculum*

*Ms. Danielle - School Counselor*

## OVERVIEW & PURPOSE

This year we will be using the Zones of Regulation curriculum to help students gain skills to consciously regulate their actions and help increase control and problem solving abilities. Using a cognitive behavior approach, the students will recognize when they are in different states called “zones”, learn how to use strategies or tools to stay in a zone or move from one another, explore calming techniques, cognitive strategies, and sensory support so they will have a tool box of methods to use. These skills will help children become independent in self-regulation.

## MINDSETS & BEHAVIORS

M 2. Self-confidence in ability to succeed

B-SMS 2. Demonstrate self-discipline and self-control

B-SMS 7. Demonstrate effective coping skills when faced with a problem

B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

B-SS 1. Use effective oral and written communication skills and listening skills

B-SS 2. Create positive and supportive relationships with other students

B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment

## NC COMPETENCIES AND OBJECTIVES

A 001.03 Practice attitudes and behaviors which lead to successful learning.

A 001.06 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students.

C 007. Acquire the attitudes, knowledge and interpersonal skills to help understand and respect self and others.

## Lesson Overview



Lesson sequence will depend on the mastery of concepts of the class. This is a general overview of the topics that are included in the curriculum. While it is our goal to provide students with each lesson, it is important for students to have mastered each concept prior to progressing on to the next lesson as each topic builds upon each other.

## Unit 1: Introduction to Zones

- Lesson 1: Green and Blue Zone
- Lesson 2: Red and Yellow Zone
- Lesson 3: Zone Identification and Review
- Lesson 4: The Zones in Me
- Lesson 5: Understanding Different Perspectives
- Lesson 6: Me in My Zones
- Lesson 7: How Do I Feel?
- Lesson 8: My Zones Across the Day
- Lesson 9: Caution! Triggers Ahead

## Unit 2: Introduction to Tools

- Lesson 10: Exploring Sensory Tools
- Lesson 11: Exploring Calming Tools
- Lesson 12: Exploring Thinking Strategy Tools

## Unit 3: Implementation and Integration of Tools

- Lesson 13: The Toolbox
- Lesson 14: When to Use Yellow Zone Tools
- Lesson 15: Stop and Use and Tool
- Lesson 16: Tracking My Tools
- Lesson 17: Stop, Opt and Go
- Lesson 18: Celebrating My Use of Tools