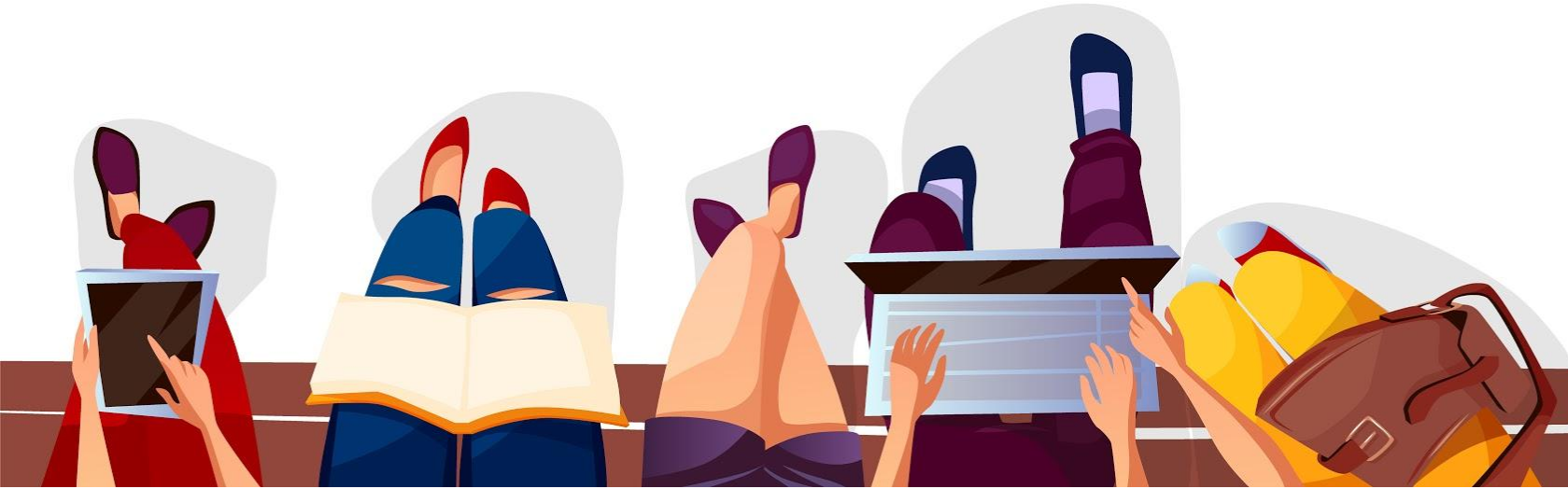


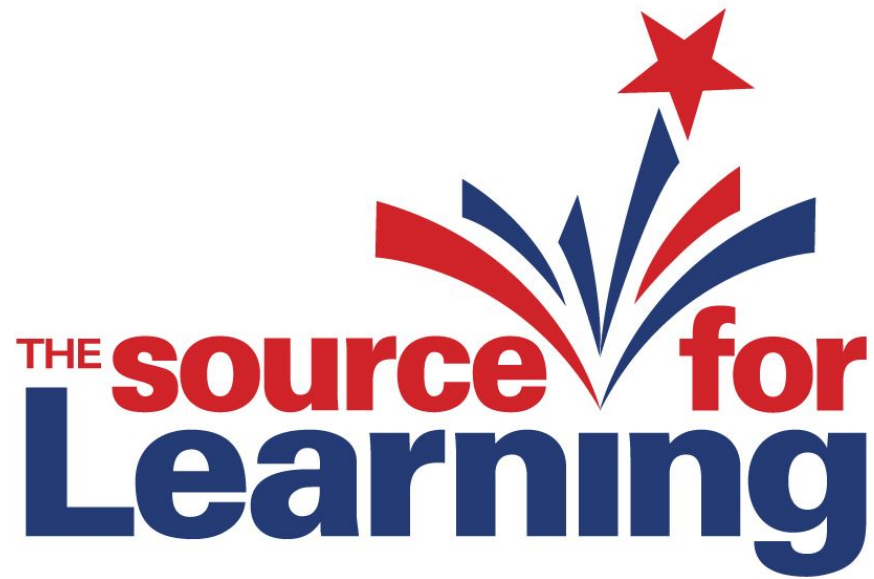
ISTE20



Kevin Bower

Sunday,
November 29, 2020
8:00 AM (PST)

Expanding Your Zones of Regulation Toolbox



Brought to you by *The Source for Learning, Inc.*, a nonprofit that has been providing educational resources for more than 40 years.

Resources for Today's Session

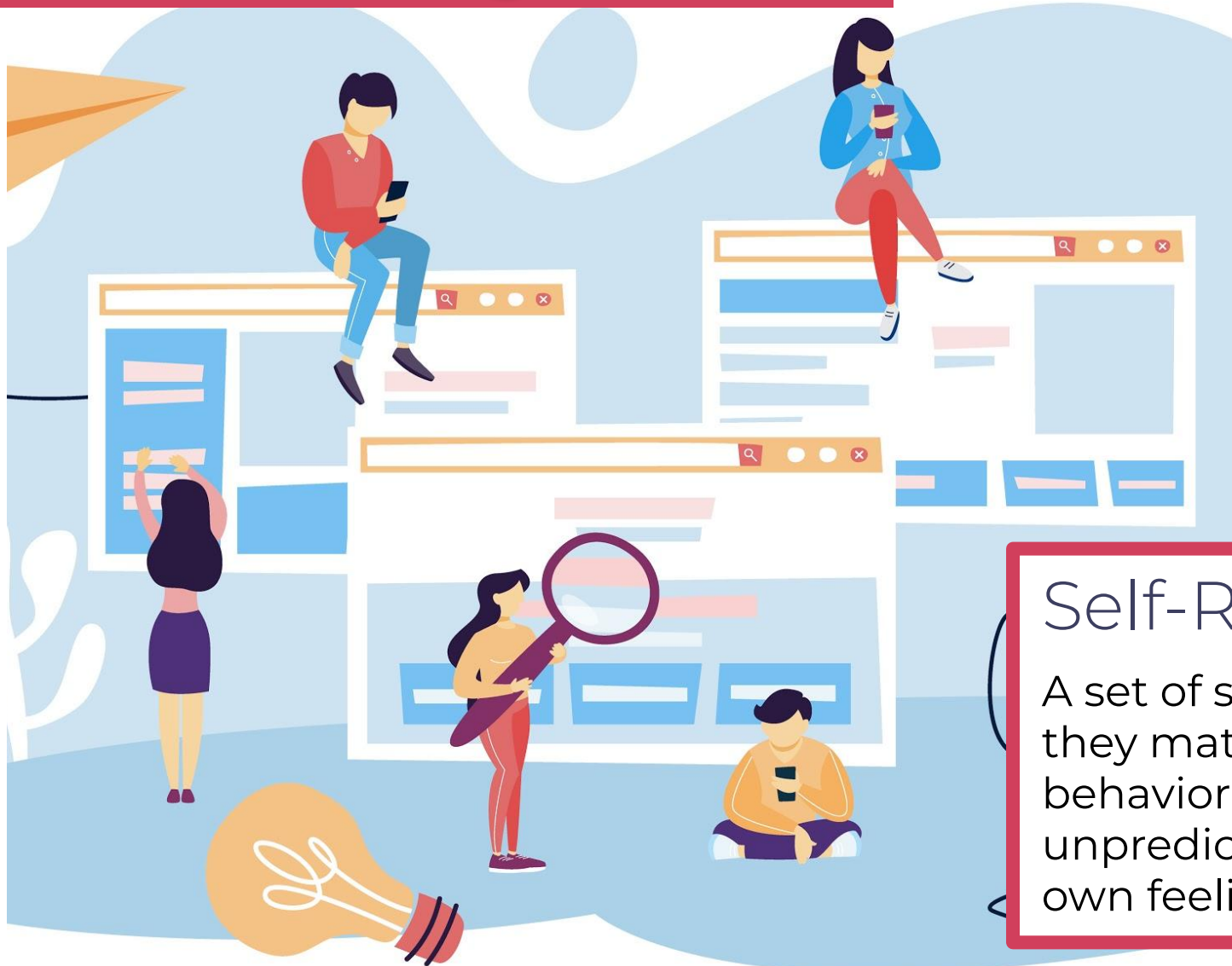
Complete the form with your name & email for access to the slide deck and a few extras that we'd love to share with you.



Objectives

1. Develop an understanding of self-regulation strategies and approaches;
2. Expand upon social thinking approaches to help guide social and emotional development;
3. Deepen students' understanding of how to self-regulate;
4. Analyze the scope of who benefits from accessible materials.

Zones of Regulation



Defining the Zones

A framework and curriculum created by Leah Kuypers to foster self-regulation and emotional control.

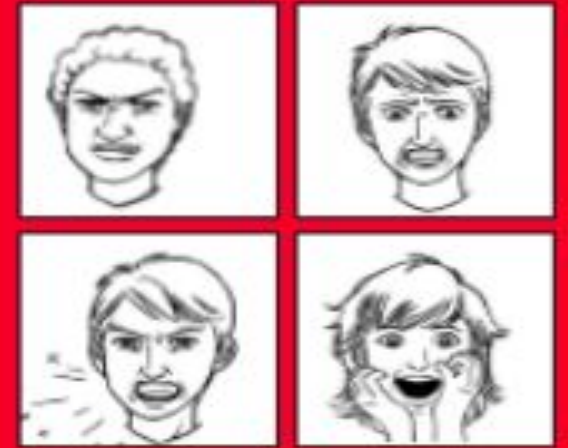
Self-Regulation

A set of skills that enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world and our own feelings.

Overview



- Rooted in cognitive behavioral therapy
- Students identify their feelings and level of alertness
- Strategies to support emotional regulation
- Students understand how to
 - Notice their body's signals
 - Detect triggers
 - Read social context
 - Consider how their behaviors impact those around them



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

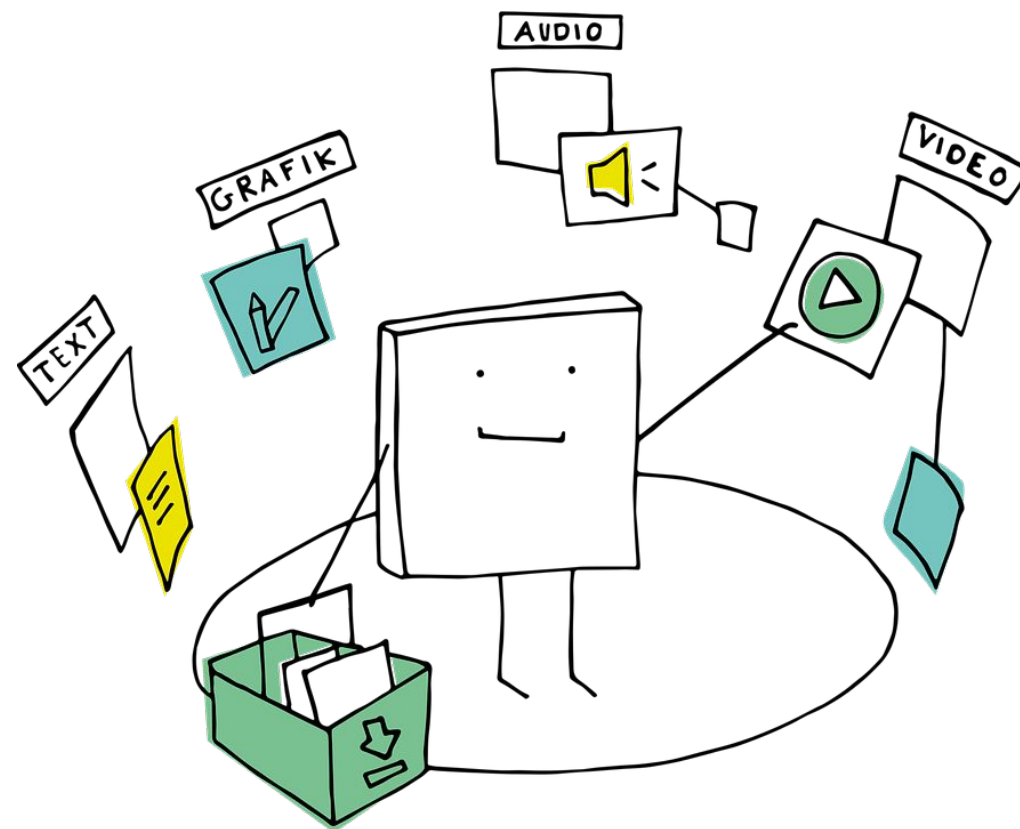
The Four Zones of Regulation

Why is it essential to teach Zones of Regulation?

- Self-Awareness
- Self-Regulation
- Problem-Solving
- Emotional Control

Zones of Regulation Resources

- [The Zones of Regulation](#)
 - Resources and teaching tools
- [We Are Teachers](#)
 - Tips and activities
- [He's Extraordinary](#)
 - Resources for parents
- [The OT Toolbox](#)
 - Zones of Regulation activities



Monitoring Tools:

- Google or Microsoft Form
- Desk Chart
- Journals
- Pocket Chart
- Clip Chart
- LMS Quiz
- Painted Tube



Strategies



Blue

- Physical activity
- Talk with someone
- Play with a friend
- Think happy
- GoNoodle



Yellow

- Snack
- Physical activity
- Yoga
- Positive self talk
- GoNoodle

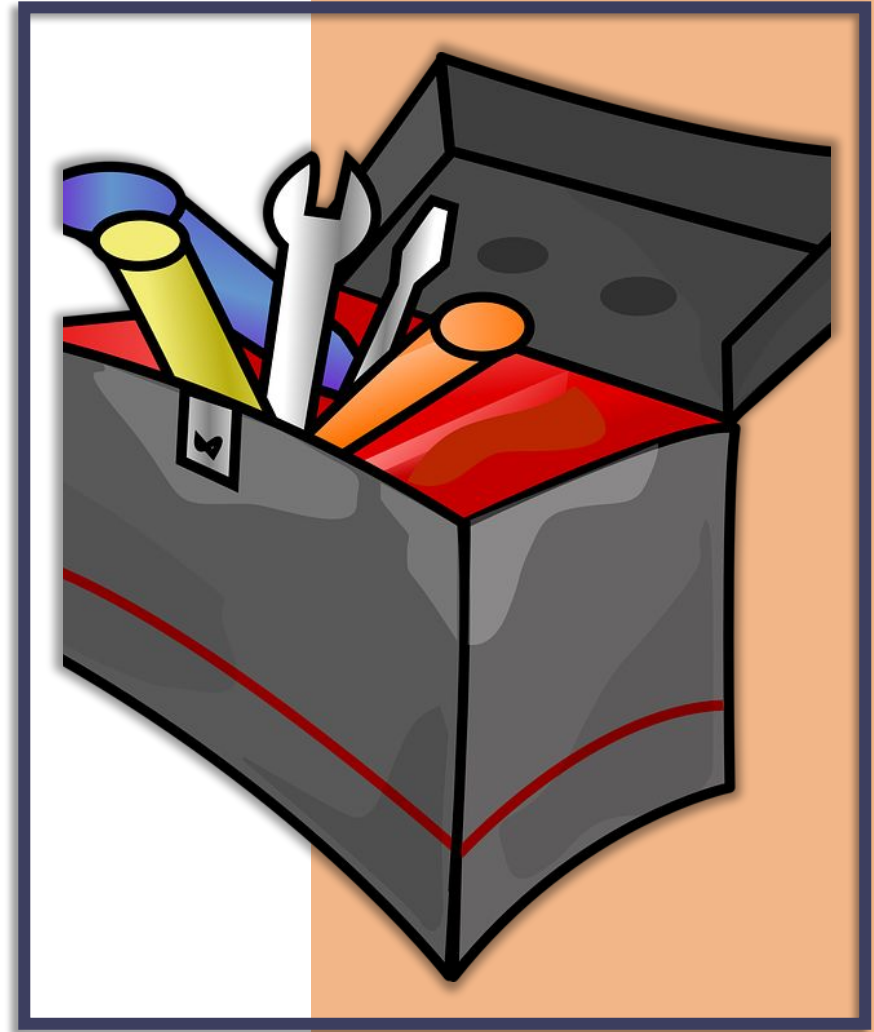


Red

- Deep Breaths
- Coloring
- Sit in a comfy spot
- Count slowly
- GoNoodle

Strategy Toolbox

- Wakelet
- Google Slides
- Website



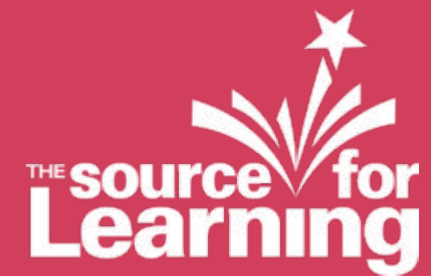
Tool Self-Check



- How did the use of the tool change the way I think or feel?
- Use a form or journal entry for the reflection



Thank you for
joining us!



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