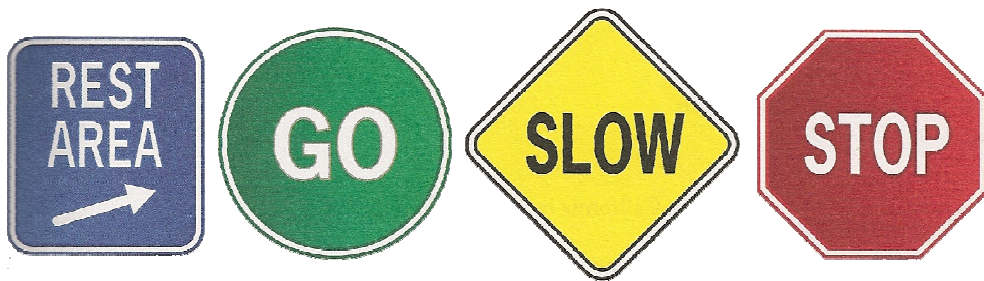


The **ZONES** OF REGULATION



based on the program and workbook by Leah Kuyper
www.thezonesofregulation.com
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the manual.



Lesson 1
Getting to
Know
"The Zones"



Lesson 2
All People Have
Feelings



Expected VS
Unexpected
Behaviour



Lesson 3
Our Behaviour
Impacts People
Around Us



Lesson 4
The Zones
in Me



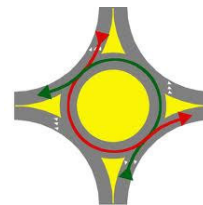
Lesson 5
Understanding
Different
Perspectives



Lesson 6
Me
in
My Zones



Lesson 7
How Do
I Feel?



Lesson 8
My Zones
Across
the Day



Lesson 9
Caution!
Triggers
Ahead



Lesson 10
Exploring
Sensory
Support
Tools



Lesson 11
Exploring
Tools for
Calming

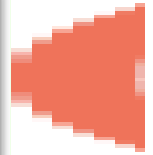


Lesson 12
Exploring
Tools -
Thinking
Strategies



Lesson 1 - Part A

Getting to Know "The Zones"



How many emotions can you think of?

Everybody knows these four - sad, happy, scared, angry.

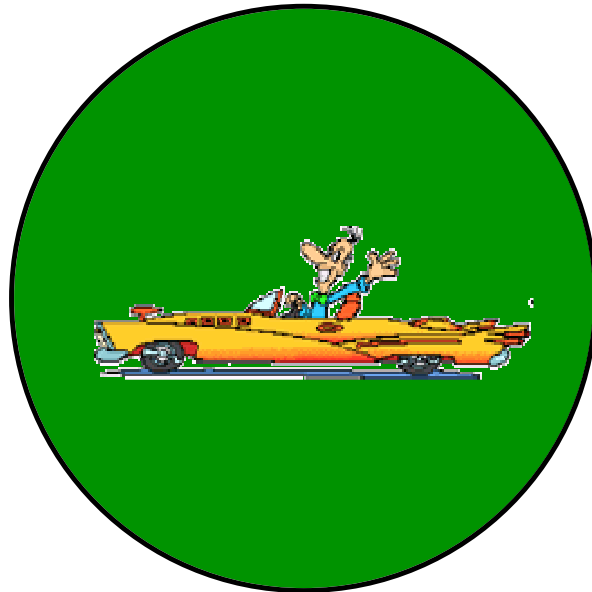
Did you know that your brain and your body work together? There are four zones that we will use to describe how your body and brain feel.



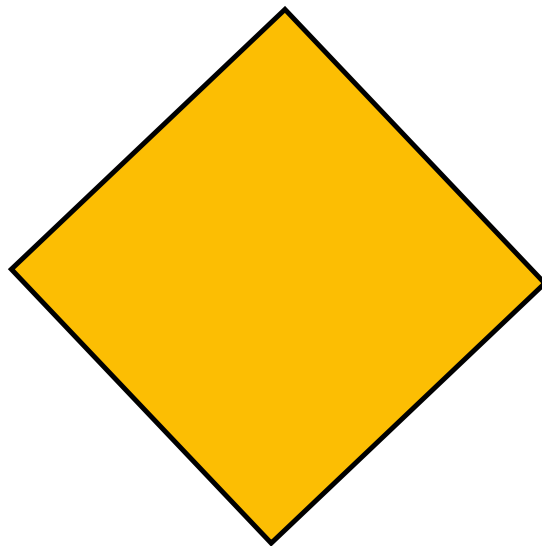
When you are in the Blue Zone, your body is running slow, such as when you are tired, sick, sad or bored.



The Green Zone, like a green light, is when you are "good to go." If you are in the Green Zone, you may feel happy, calm and focused.



When entering the Yellow Zone, proceed with caution and slow down!



You may be in the Yellow Zone when you start to lose control, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.



It's a good idea to use caution when you are in the Yellow Zone.



The Red Zone is for extreme emotions such as terror, uncontrolled anger and aggression.

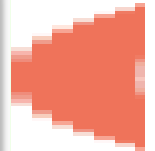


When you are in the Red Zone, you are out of control, have trouble making good choices and must STOP!





Wrap-Up Lesson 1 - Part A



When you understand and can say how you are feeling, you are better able to control yourself.

What Zone are you in right now?

How will sorting the ways you feel and act into four zones help you understand yourself better?

How will it help you understand your classmates better?

