Week 6--Zones of Regulation

All activities are based on the book, *Zones of Regulation*, by Leah Kuypers

* For more info on Zones, this article is a resource: <https://www.socialthinking.com/Articles?name=all-the-zones-are-ok>
* Discuss the Zones of Regulation and display visuals in the classroom (Many resources are available online)

Monday: Introduce Zones of Regulation (use traffic light and rest area sign doc)

1. We have many feelings. One way of thinking about our feelings is to think about street signs. A traffic light has 3 colors: green, yellow, and red. When your families drive, the colors of the traffic light tell all the drivers what choice they need to make.
2. Who can tell us the choice that the drivers need to make when the traffic light is on green? (go--We are good to go. Everything is fine.)
3. Who can tell us the choice that drivers need to make when the traffic light is yellow? (slow down--The light is about ready to change. We need to be really alert now to know whether to go or to stop. There is a chance for danger because the other cars are going to be moving soon.)
4. Who can tell us the choice that drivers need to make when the traffic light is red? (Stop. Danger ahead because the other cars are going to be moving through the intersection. We must brake and stop, or we could hurt or someone else could be hurt.)

2. There is another road sign for us to think about now. How many of you have gone on a long road trip on an interstate and stopped to use a rest area so that you can use the restroom or walk a little bit or perhaps even eat a picnic lunch? Did you notice a sign on the interstate that told your family member that this is a rest stop coming up? What color is that sign? (Blue) So when we see the blue sign and we might be tired or hungry or need to use the restroom or we are just running slow. So, we stop and rest. So sometimes the blue zone might be a feeling or be how our body feels.

3. Let’s name two feelings that go with each color:

1. Green--good to go--everything is fine: happy, good, calm, appreciated, proud, thankful, focused, okay, relaxed, content, etc.
2. Red--stop--danger ahead: mad, angry, out of control, furious, etc.
3. Yellow--slow down--be alert. These feelings might be like super green feelings or little red feelings: super green: excited, silly. Little red: frustrated, nervous, worried, annoyed, scared, upset, confused, etc.
4. Blue--when we are running slow: tired, sick, sad, hurt, or bored.

4. We will talk more about these feelings tomorrow.

Tuesday--Blue Zone

1. Who remembers what the blue zone of feelings means? (running slow, need rest)
2. Use blue zone feelings chart and picture of “Sad” to discuss these feelings--how does our body feel, what does our body look like, what might have happened that we feel this way.
3. What do we need to do to take care of our blue zone feelings?

Wednesday--Green Zone

1. Who remembers what the green zone of feelings means? (good to go--everything is fine)
2. Use green zone feelings chart and picture of “Joy” to discuss these feelings--how does our body feel, what does our body look like, what might have happened that we feel this way?
3. What do we need to do to take care of these feelings?

Thursday--Yellow Zone

1. Who remembers what the yellow zone of feelings means? (caution--slow down--alert for losing control)
2. Use yellow zone feelings chart and picture of “Fear” to discuss these feelings--how does our body feel, what does our body look like, what might have happened that we feel this way?
3. What do we need to do to take care of these feelings?

Friday--Red Zone

1. Who remembers what the red zone of feelings means? (stop, ready to lose control)
2. Use red zone feelings chart and picture of “Anger” to discuss these feelings--how does our body feel, what does our body look like, what might have happened that we feel this way?
3. What do we need to do to take care of these feelings?