

Zones of Regulation

Stratford Landing implemented Zones in the 2023-2024 School Year. This program is designed to help students gain skills in self-regulation. Utilizing Zones of Regulation will allow students to identify their feelings and recognize what Zone they are in and how to use strategies to change or stay in that Zone.

The ZONES of Regulation

			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

Key Information

- Self-Regulate: 3 Components Need to Be Addressed
 - Sensory Processing, Executive Functioning, Emotional Regulation
- All Zones are okay, it is how you feel inside!
- Staff models their Zones
- Zones is seen throughout the building!
- Throughout the day, students might have a Zones Check In.
- Beyond Morning Meeting: connections to learning!
- Strategic Counseling Lessons

2024-2025 School Year

- Beginning of 2024-2025 School Year: Review of Zones
- 2024-2025 School Year: Support Self Regulation of Zones
- “Name it, to Tame it!”
- Responses to Triggers
- Coping Mechanism for Each Zone: Individualized Per Student
 - Examples: Mindfulness, Movement of body, Calm Spaces

At Home Connections

- Support with the 3 Components and sharing with student/teacher:
 - Sensory Processing, Executive Functioning, Emotional Regulation
- Use the language at home!
 - What zone are you in?
 - Is this a big problem or little problem?
 - Is this your inner coach or inner critic talking?
- Model your own zone
 - “I had a bit of a yellow zone.. So you might see me resting more”