

ADAPTING THE ZONES

MIDDLE AND HIGH SCHOOL (AGES 12-18)

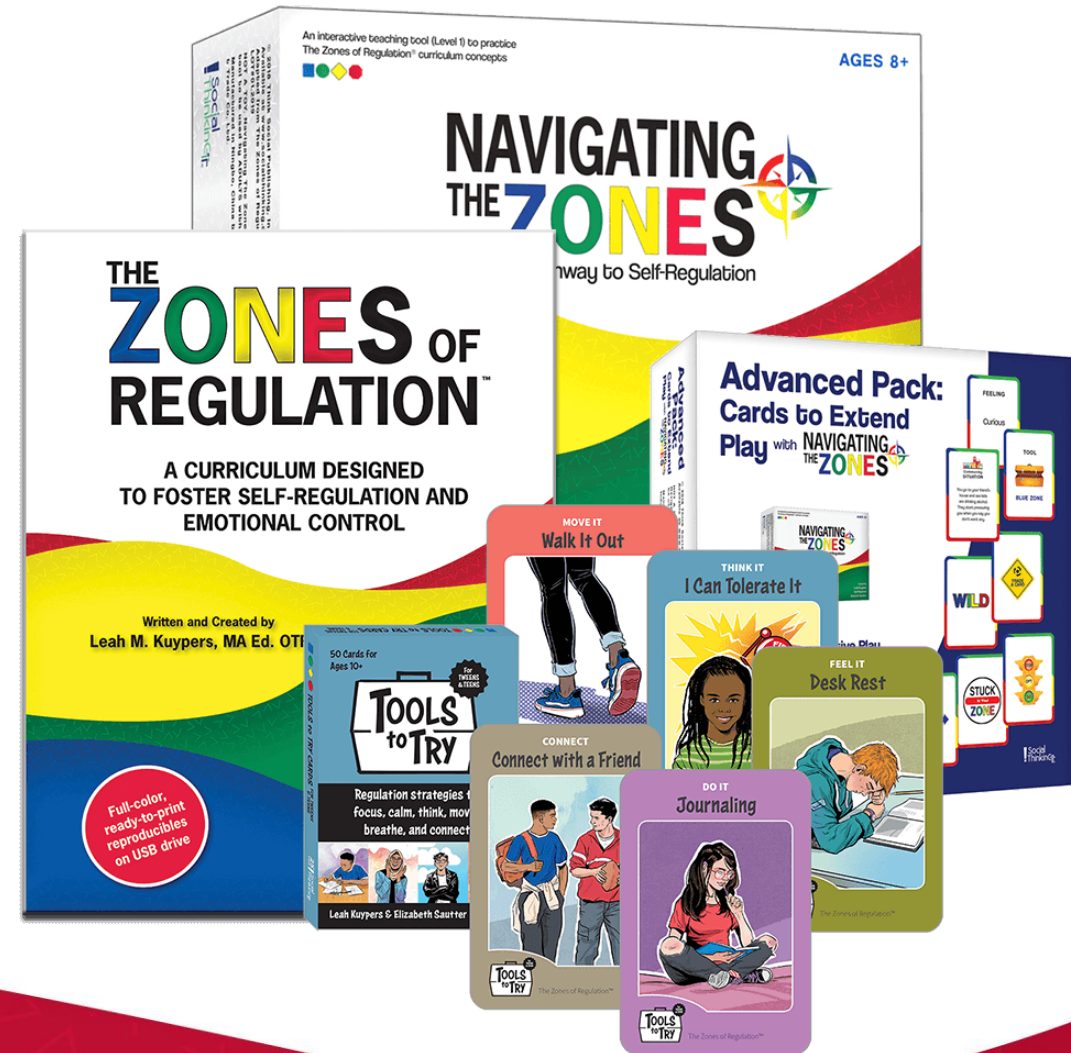


THE
ZONES OF
REGULATION®

Zones Resources geared toward Ages 11-18

Link: www.socialthinking.com/zones-of-regulation/teens

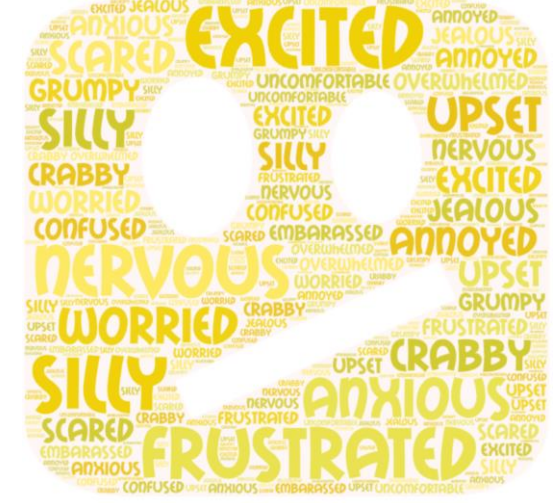
- The Zone of Regulation Curriculum
- Navigating The Zones Game & Extension Pack
- Tools to Try for Teens & Teens Card Deck



The Big WHY?
Connect self-awareness and self-management strategies to a learner's personal goals for their future.



Adapt ZONES
Visuals
to be relevant to
age, incorporate
interests, &
honor identities



Made on wordart.com

Incorporate
Media that
relates to
student
interests



Encourage students to make their own visuals using role models as inspiration

BLUE Zone



YELLOW Zone



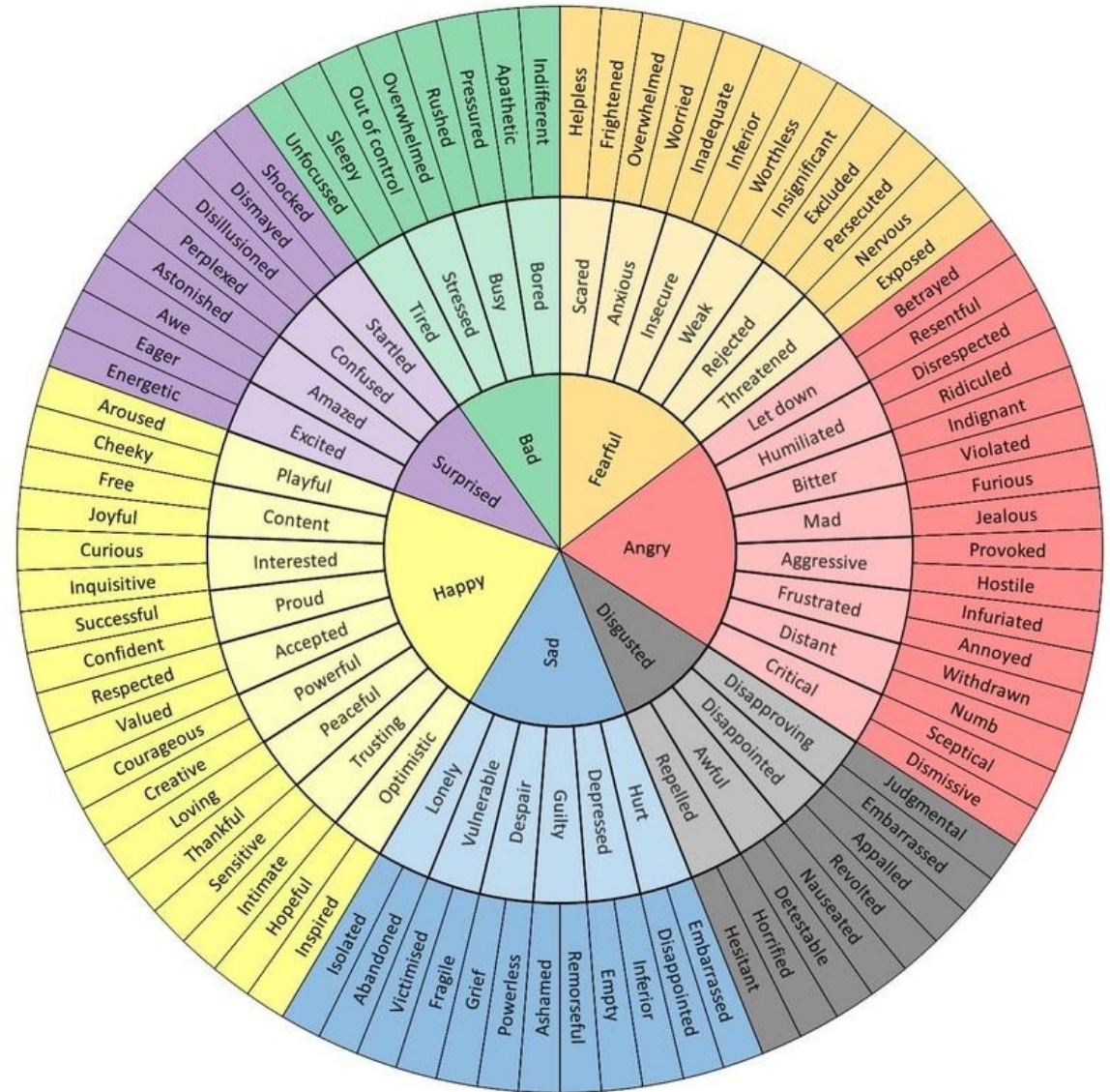
RED Zone



GREEN Zone



Teach a Broader Emotional Vocabulary



Scale Emotions within Zones



Encourage student self-expression of emotions, through art, music, dance, multi-media, movement, writing, poetry, etc



Image via

<http://www.mindsightcounselling.com.au/wheel-of-emotions-in-art-therapy/>

Adapt Zones Check-ins for Tweens & Teens

- Use discreet check-in systems- remember to NOT force student to check-in.
- Students may not want to do a public check-in, think of alternative such as journaling etc.
- Non-verbal check-in during a mindful moment- "body scan"
- Integrate technology- (see next)



Create a GoogleForms Check-in

My Zones Check-in

Let's check in about how you are today!

elashorne@gmail.com (not shared) [Switch account](#)

* Required

Hi! What ZONE are you in right now? *

 <p><input type="radio"/> BLUE Zone</p>	 <p><input type="radio"/> GREEN Zone</p>
 <p><input type="radio"/> YELLOW Zone</p>	 <p><input type="radio"/> RED Zone</p>
 <p><input type="radio"/> I prefer not to check in right now.</p>	

What is one TOOL you can use to take care of your Zone today? *

- Talk to a friend
- Draw a picture
- Listen to music
- Drink lots of water
- Stretch
- Dance
- Eat healthy food
- Run
- Write a note to someone or journal
- Smile and laugh
- Help someone
- Jumping Jacks
- Deep breaths
- Play a game
- Other: _____

Is there anything else you want to talk about today?

Your answer _____

Regulation Spaces in Middle School & High School

Check out this great video: [Helping High Schoolers Manage Emotions, Edutopia](#)

Considerations:

- privacy
- staff to connect with
- Regulation & sensory tools and strategies



Sample Regulation Tools for Tweens & Teens

- Mindfulness Tools- breathing, meditation, visualization
- Fidgets that don't draw attention
- Tense and release muscles
- Mantras
- Journaling or drawing
- Coloring, crossword puzzles, Sudoku, word finds, mazes, etc
- Exercise and Movement
- Screen Breaks




Check out our [Tools to Try for Tweens and Teens!](#)

The Zones Book Nooks- Elementary & Secondary

<https://www.zonesofregulation.com/zones-book-nook.html>









THE ZONES OF REGULATION
BOOK NOOK




Hi Zones Community! One of our most common questions is children's book recommendations to introduce/reinforce concepts from *The Zones of Regulation* (Kuypers, 2011). Here is a list of books recommended by both our staff and our many friends on social media. Disclaimer: We have not read each and every book on this list, so please read for yourself before reading with your students. Some books have a Zones color next to them if they work well with a specific Zone. Most work with a wide range of Zones and concepts from the curriculum. (Most recent update: 3/18/21)

*If you are PRINTING this list, you may want to download as a PDF first for better margins.


Have a recommendation? Fill out our survey, and we'll add it to the list: [Zones Book Survey](#)

#	Title, Author	Cover	Recommended by- description
1	"Chrysanthemum" by Kevin Henkes 		Sarah Burke (Kindergarten inclusion teacher from Boston, MA) "I use this book (and many other books by Kevin Henkes) when I'm teaching about the blue zone. The main character is teased by her classmates about her name which makes her feel sad. Her parents help her to feel better and get into the green zone."
2	"What Should Danny Do?" by Ganit and Adir Levy 		Adina (School social worker from Michigan) "I have my students tell which zone each character is in, at different parts of the book. I also ask them to notice how the choices the characters make throughout the book (positive or negative), impacts which zone they move to." Susan Bertke (Kindergarten teacher from Ft. Recovery, OH) "I use it to teach students about how the choices they make can affect the way their day goes. The book has 9 different endings, depending on the choices the students make for Danny's actions."
3	"Fergal is Fuming" by Robert Starling 		Nerida Kiprotich (teacher from Hong Kong) "We use it to work on strategies to get back to the green zone."
4	"Clark the Shark" by Bruce Hale and Guy Francis 		Leah Kuypers (creator of The Zones of Regulation from Minneapolis, MN) "This book is great for the Yellow Zone, shows silly/impulsive behavior. The main character models using the tool of self-talk-rhyming- to help him manage his Zone."



Adapted from *The Zones of Regulation* (L.M. Kuypers, 2011) www.zonesofregulation.com

THE ZONES OF REGULATION
BOOK NOOK






Hi Zones Community! One of our most common questions is about book recommendations to introduce/reinforce concepts from *The Zones of Regulation* curriculum. The books on this list have been recommended by both our staff and our Zones community specifically for digging into SEL concepts with middle or high school students (age 11-18). While these books or stories don't necessarily hone in on one specific Zone, concept, or strategy, they delve into a variety of emotions and challenges of varying complexity, and explore coping tools or strategies they need to use in response. This list intentionally features diverse authors and characters including racial and cultural diversity, neurodiversity, disability, gender diversity, and LGBTQ+ representation.

Disclaimer: PLEASE pre-read these texts before reading with your students to verify that the content is appropriate for the maturity level of your unique learners. Some books on this list reference mature content such as sexuality, racial discrimination, drugs/alcohol and violence which could be triggering and/or too mature for some learners.

*If you are PRINTING this list, you may want to download as a PDF first for better margins.

Have a great recommendation? Fill out our survey, and we'll add it to the list: [Zones Book Survey](#)

#	Title, Author	Cover	Recommended by- description
1	"Flying Lessons & Other Stories" edited by Ellen Oh		Recommended by Zones of Regulation Staff. This short story collection features stories from a diverse group of authors. Each story features a young adult who is facing a challenge or problem, and finding tools or strategies to cope. Many stories explore the theme of facing personal or societal adversity, including racism, grief, peer pressure, being "different", addiction, difficult relationships with parents, etc.
2	"Look Both Ways" by Jason Reynolds		Recommended by Nadine Hennings (Upper Elementary Teacher, Minneapolis MN) "Look Both Ways" by Jason Reynolds is an upper grade chapter book that focuses on a different character, and each character's experiences as they walk home from school. The book allows you to look at the same situation from different points of view, and we see how each character deals with life's big and little difficulties. I love this book for teaching self regulation strategies by using the different scenarios in each chapter and the characters actions and reactions. From small problems like a skateboard being broken to really big problems related to losing family members, being sick and getting bullied, the book is a window into the lives of 2020s youth, their struggles, and triumphs."



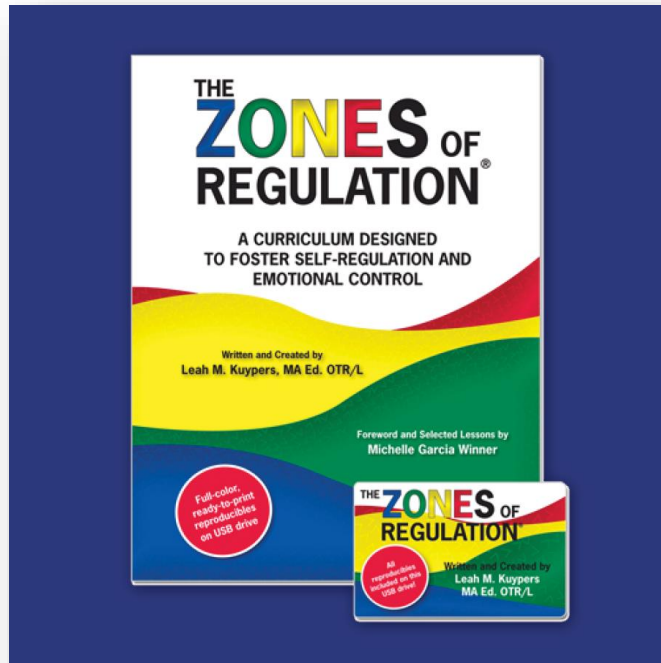
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Integrate into Discussions of Current & Historical Events

- Empathize with historical & current figures
- Examine the role of emotions in movements
- Connect concepts such as "Size of the Problem/Size of the Reaction" to historical and current events



Ready to dive into The Zones of Regulation?



1. PURCHASE THE BOOK



2. SCHEDULE TRAINING



3. MAKE A PLAN