

ADAPTING THE ZONES

# SPECIALIST AND ELECTIVE CLASSES



THE  
**ZONES** OF  
REGULATION®

# Common Practices for Specialists/Electives

Use The Zones language

"Own Your Zone"  
through Modelling

Have Visuals Available

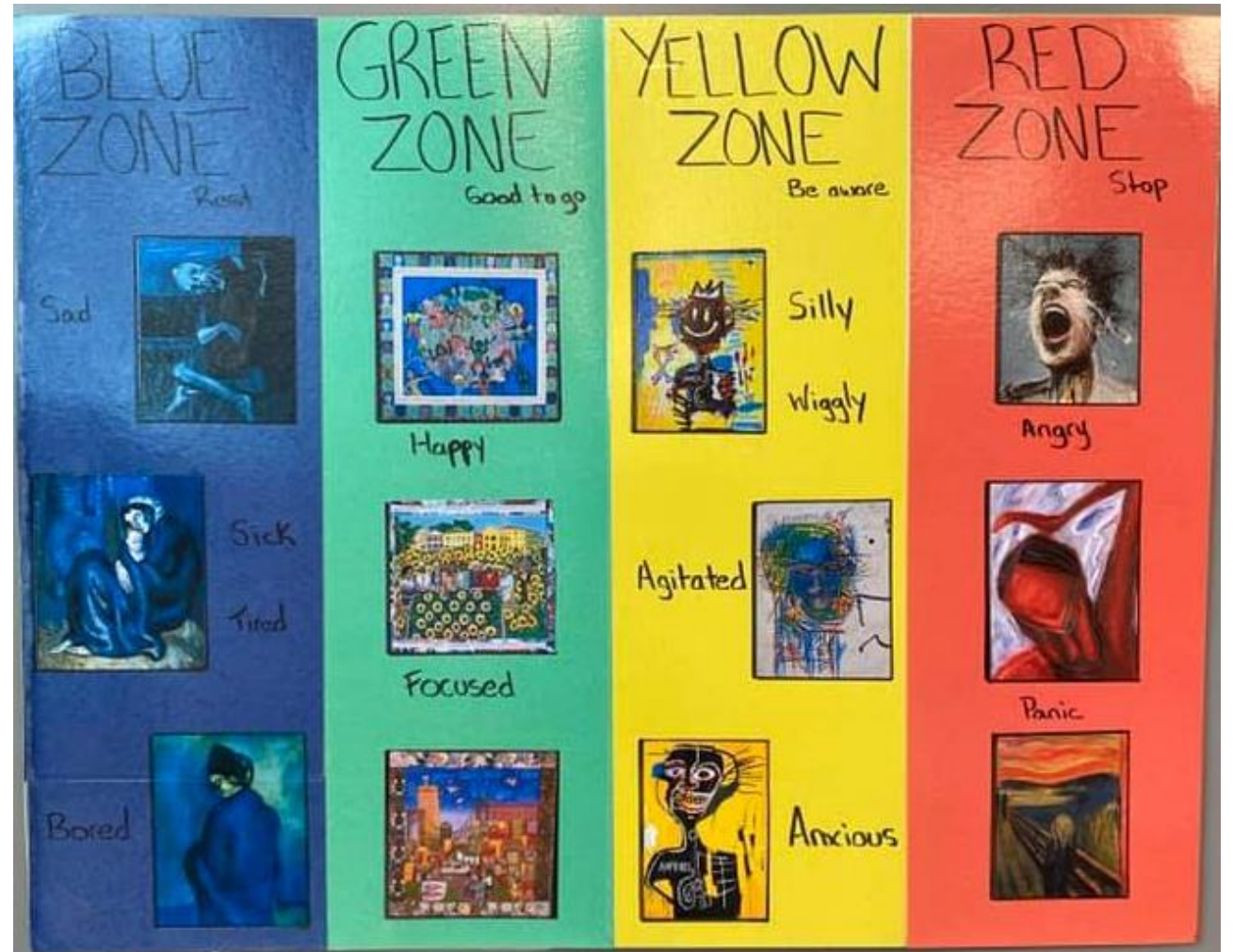
Have Regulation Tools  
Available, teach how to  
use appropriately

Connect SEL skills  
across contexts

Discuss how we can use  
art, music, movement,  
reading/writing, to  
manage and express  
how we FEEL

# ART Examples

- Portraits that use facial expressions/color to represent emotions
- Discuss how artists make intentional choices to convey emotions
- Use Zones in discussions about individual art pieces
- Discuss how creating art can help you manage and express your feelings



Evelyne Tardy, Art Teacher in IL

# Art Activities Cont'd



Mason Crest Elementary, Fairfax County VA



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

# MUSIC Examples

- Play different types of music, and identify the Zone
- Discuss how rhythm, tempo, volume, etc all impact Zone
- Discuss Zone in musicians and composer's motivation for writing music
- Discuss how listening to or playing music can be a tool to help you manage and express how you feel
- Older students- Make a Zones Playlist

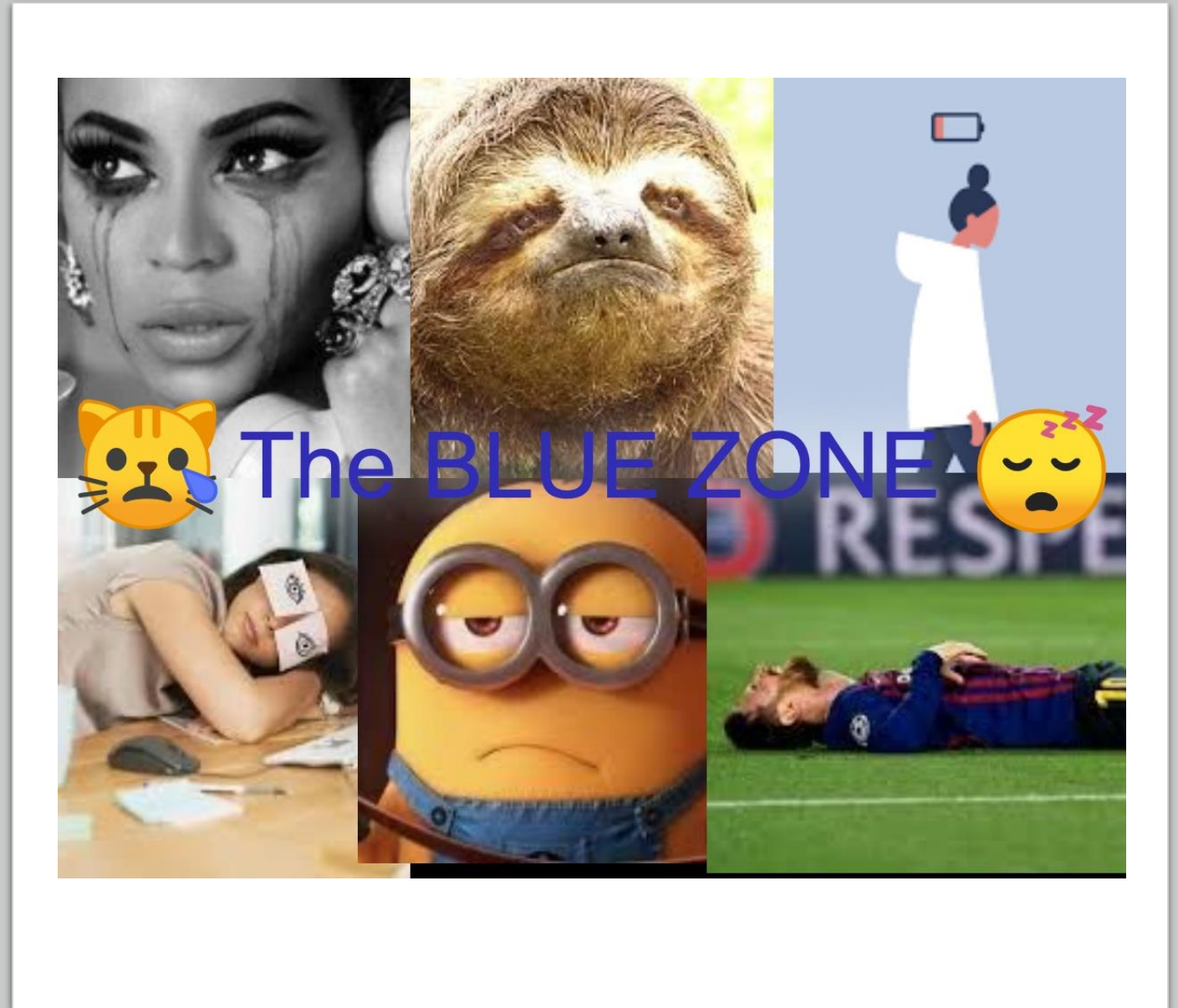
**Foxfield Year 2 Plum** @FoxfldPlum · Sep 23

Today we explored emotions in music. When listening to the music, we choose the colour and brush strokes that we thought related to the music  
[#zonesofregulation](#) [#emotions](#) [#colours](#) [#music](#)



# LIBRARY/MEDIA Examples

- Use technology to help students represent their Zones (*Bitmoji, PicCollage, WordArt, etc*)
- Books and Reading (see next slides for details)
- Discuss how reading/writing can help you manage and express how you feel



# Using Children's Literature

- Match character to corresponding Zone
- Make connections:

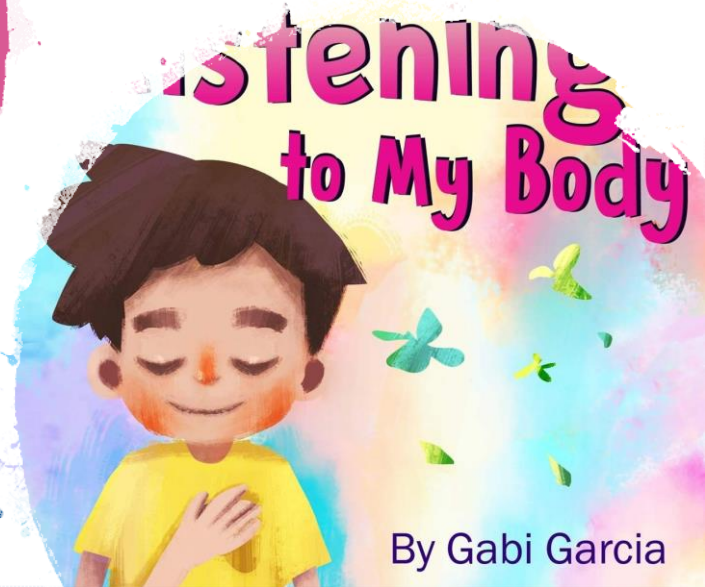
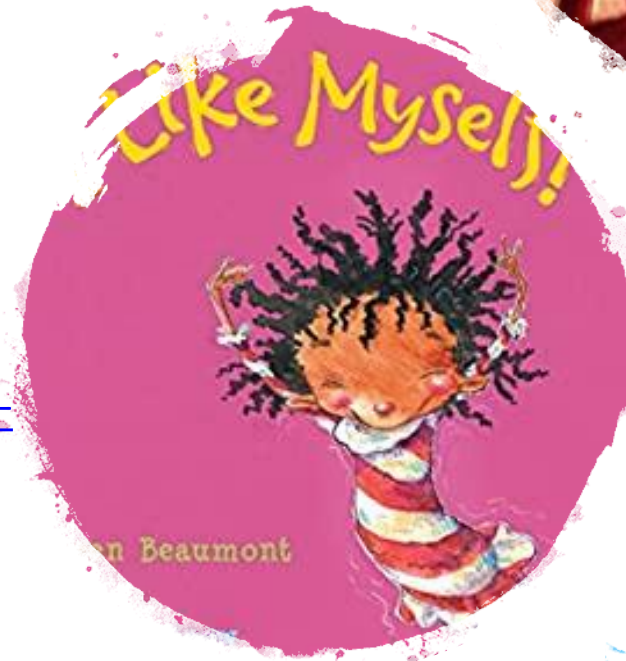
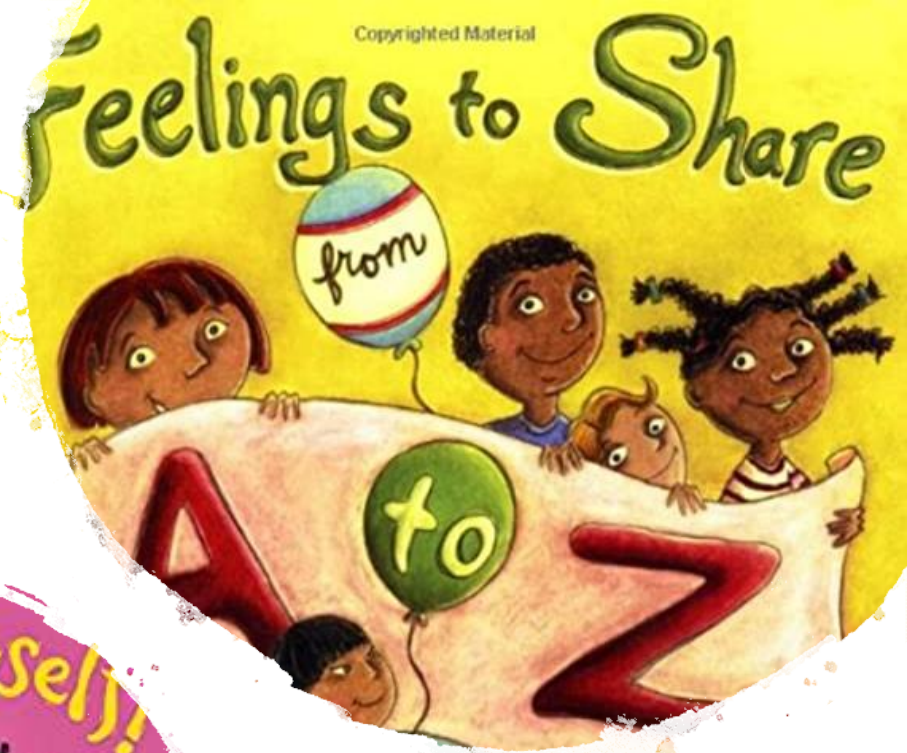
*"Tell me about a time you felt ..."*

*"Show me how ... looks on you."*

*"What Zone does that emotion go in?"*

- Discuss Tools/Strategies
- Zones Book Nook:

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




By Gabi Garcia

# 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		Adira (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 Benker (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](http://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."



Adapted from *The Zones of Regulation* (L.M. Kuypers, 2011) [www.zonesofregulation.com](http://www.zonesofregulation.com)



# PHYSICAL EDUCATION/GYM Examples

- Discuss energy levels, physical sensations and Zones
- Expected/Unexpected language with Games, sports
- Discuss how movement can help you manage and take care of your Zone
- Sportsmanship- noticing the Zones of others, how your Zone impacts others
- Sportsmanship- Size of the Problem, Size of the Reaction

HEART RATE TRAINING ZONES		
HR ZONES		ENERGY SYSTEM
<b>90 - 100%</b>	You're pushing yourself to your limits	<b>Immediate</b>
<b>80 - 89%</b>	Breathless, with difficulty saying more than 2-4 words in a row.	<b>Anaerobic &amp; Aerobic</b>
<b>70 - 79%</b>	Breathless, but able to speak a sentence of 4+ words.	<b>Aerobic</b>
<b>60 - 69%</b>	Muscles are warmed up and light sweating is likely.	<b>Aerobic</b>
<b>50 - 59%</b>	Exercise at this level is enjoyable and light.	
<b>0 - 49%</b>	This is how you normally feel when you're resting.	

Understanding Heart Rate Zones and Energy Metabolism  
<https://www.myzone.org/blog/users/understanding-heart-rate-zones-and-energy-metabolism>

# PE/Gym Activity Ideas:

- Check-in- have students jump on their Zone color as they come it, or jump to high-5 a colored handprint on the wall
- 4 Corners- One Zone color in each corner, what Zone would you be in for different scenarios
- Travel across the gym as if you're in the \_\_\_\_\_ Zone (ex. Stomp across in the Red, crawl slowly in the Blue, etc)
- Role Play teamwork scenarios, expected/unexpected Zones & actions

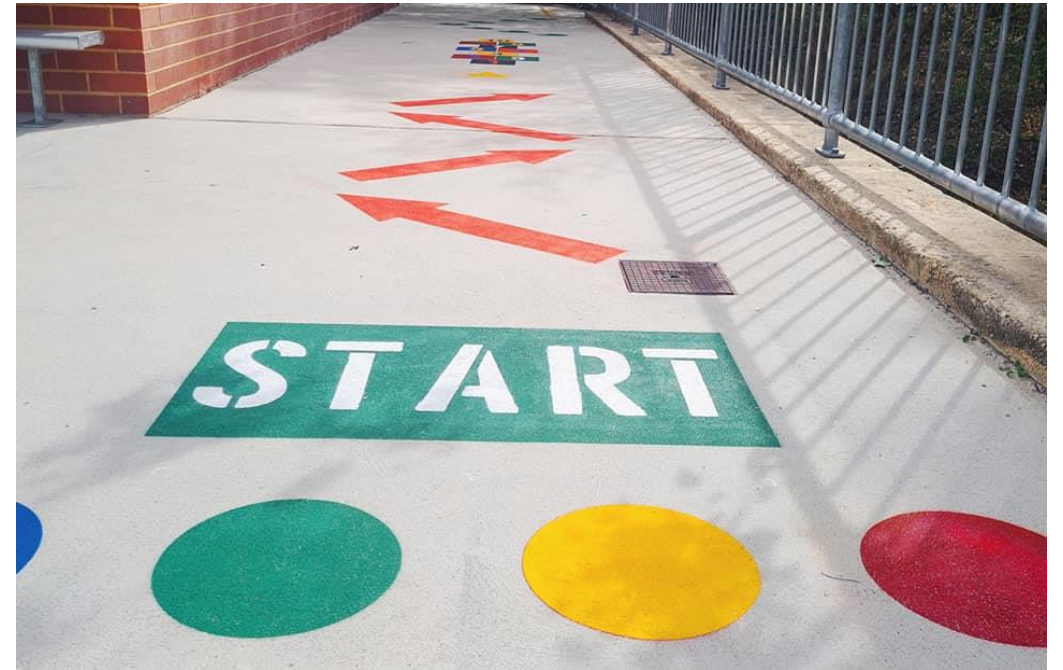


# Sensory Paths



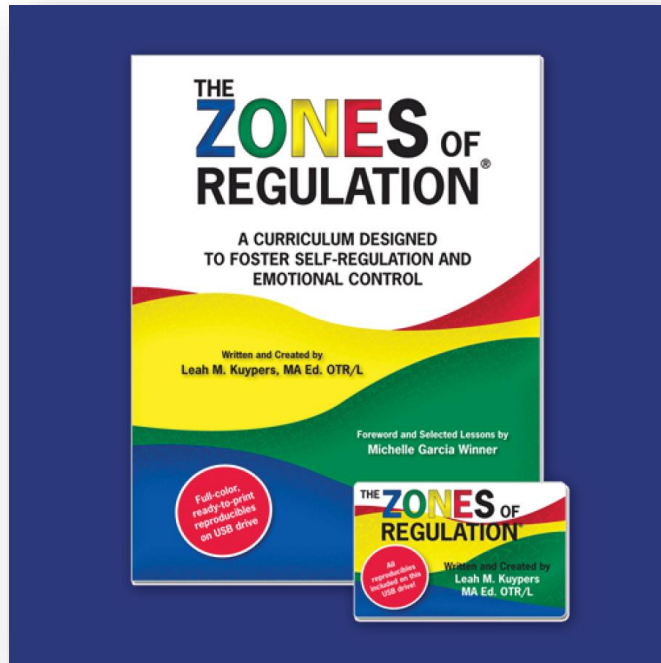
What Is A Sensory Path? How Hallway Decals Help Kids Focus, Exercise And Learn- Huffington Post

[https://www.huffingtonpost.ca/entry/sensory-paths-canadian-schools\\_ca\\_5e568ee6c5b649ec43313c8f](https://www.huffingtonpost.ca/entry/sensory-paths-canadian-schools_ca_5e568ee6c5b649ec43313c8f)



Gooseberry Hill Primary School, Western Australia

# Ready to dive into The Zones of Regulation?



1. PURCHASE THE BOOK



2. SCHEDULE TRAINING



3. MAKE A PLAN