

The Zones of Regulation Digital Curriculum Map

These concepts foster self-, social, and situational awareness.

Concept

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These concepts explore and apply regulation and decision-making strategies

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Concept Learning Targets

C1 What is Regulation?

- I can use the word “regulate” in a sentence.
- I can describe one or more ways a person may regulate themselves.

C2 Introducing The Zones of Regulation

- I can name and describe the four Zones of Regulation.
- I can sort, or categorize, feelings into the four Zones of Regulation.

C3 All the Zones Are Okay

- I can connect my feelings and Zones with real-life situations.
- I can give an example of how people have different feelings and perspectives in a situation.

C4 My Signals, My Zones

- I can name at least one body signal I feel when I am in each Zone.
- I can explain how body signals, Zones, and emotions are all connected.

C5 The Zones Check-In

- I can pause and do a Zones Check-In on my own or with others.
- With practice, I can check-in when I am in each of the Zones: Red, Yellow, Green, Blue.

C6 Situations that Trigger and Spark

- I can notice and describe the situation around me (when, where, what, who).
- I can name two of my triggers and two of my sparks.

C7 What Is a Regulation Tool?

- I can identify common regulation tools around me.
- I can use The Zones of Regulation to categorize regulation tools.

C8 Building My Zones Toolbox

- I can reflect on how a tool helps me regulate.
- I can share a helpful tool from each Zone in my toolbox.

C9 Deciding to Regulate

- I can pause to think about my options and goals before acting.
- I can decide if using a regulation tool will help in a situation.

C10 The Zones Pathway

- I can use the Zones Pathway in real-time situations.
- Using the Zones Pathway, I can reflect on how my regulation is working for me.