Get in the ZONE!

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Charting the C’s
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ZONES - What do you know?

A – I haven’t heard of it or have heard of it but never seen it.

B – I have heard of it, but haven’t had time yet to use it.

C – I use it every once in a while or just a little bit with some students.

D – I use it frequently with my students.
- Curriculum book and CD $44
- App $6
- Poster $9
  - Amazon, Zones of Regulation website, Social Thinking website
What is it?

• Curriculum
  – Foster self regulation
  – Emotional control
  – Social cognition

• Cognitive behavioral approach
Goals

• Increase awareness
• Gain independence in controlling emotions
• Gain independence in addressing sensory needs
• Improve ability to problem solve conflicts
Make Break

Mini Clip Chart

Cootie Catcher Note Taker
Blue Zone

- Sad
- Sick
- Tired
- Bored

- Strategies: drink of water, snack, stretch, move around
Soft Kitty
Green Zone

- Calm & Alert
- Happy
- Focused
- Ready to learn

- Strategies: run an errand, praise yourself, focus on what you’ve done
Everything is Awesome!
Yellow Zone

- Stress
- Frustration
- Anxiety
- Excitement
- Silliness/wiggles

- Strategies: deep breaths, quiet area, deep pressure, squeezes, talk it out
Elf takes on New York
Belly Breathe
Red Zone

- Anger
- Rage & Explosive
- Devastation
- Terror

- Strategies: take a break, deep breath, cool down cubes, moment of silence, draw it out, get help
Animal Rejoins the Muppets
Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?
How big should your reaction be?

Visual adapted by Leah Kuyper, Donna Brittain, and Jill Kuzma for The Zones of Regulation® from the original work of Winner’s Think Social! (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis’ The Incredible 5-Point Scale (2003), www.5pointscale.com

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First World Problem
Size of Problem/Size of Response
Make Break

• Calm down Kit
  – Cool down tube
  – Vanilla scentsation
• Mini social story
• What ZONE are They In?
• Break Cards
ZONES – NOW what do you know?

A – I still need more information.
B - I am willing to try to teach this to someone.
C – Great ideas, but not quite right so I will need to modify for my students.
D – I know what I am going to do tomorrow!
Questions?