



STOP & JOT NOTES

THE ZONES COMPREHENSIVE TRAINING

These Stop and Jot Notes will help you to synthesize important concepts from today's training.

SENSORY PREFERENCES AND LIFESTYLE

DIRECTIONS

Place an X indicating how you perceive each sense and provide examples underneath.

AVOIDING TO SEEKING SCALE

Proprioception

Contact sports, cuddling, rough housing with my kids

Vestibular

Hiking, skiing, moving during seated tasks

Taste

Spicy food, daily coffee, love ethnic food, chew gum

Smell

Enjoy Perfume, scented lotions, candles

Touch

Tolerate most textures and touch

Visual

Can become overwhelmed in chaotic environments

Auditory

Distracted by background noises, avoid loud restaurants

Avoiding

Neutral

Seeking

THE NATURE OF REGULATION

DIRECTIONS

Reflection...how does this relate to a learner you support.

What's Under the Hood?

NEUROBIOLOGICAL COMPONENTS OF REGULATION



Executive Functioning
Emotional Regulation
Social Cognition
Trauma Exposures
Sensory Processing

Terrain

EXTERNAL FACTORS IMPACTING REGULATION

Lived Experience, Culture, Sociopolitical Factors, Access, Relationships

What's Under the Hood?

What's the Terrain?

THE FOUR ZONES OF REGULATION

DIRECTIONS

Write 3-4 feelings that fall into each of the four Zones of Regulation, making sure to include a positive one for the Red Zone.

**BLUE
ZONE**

**GREEN
ZONE**

**YELLOW
ZONE**

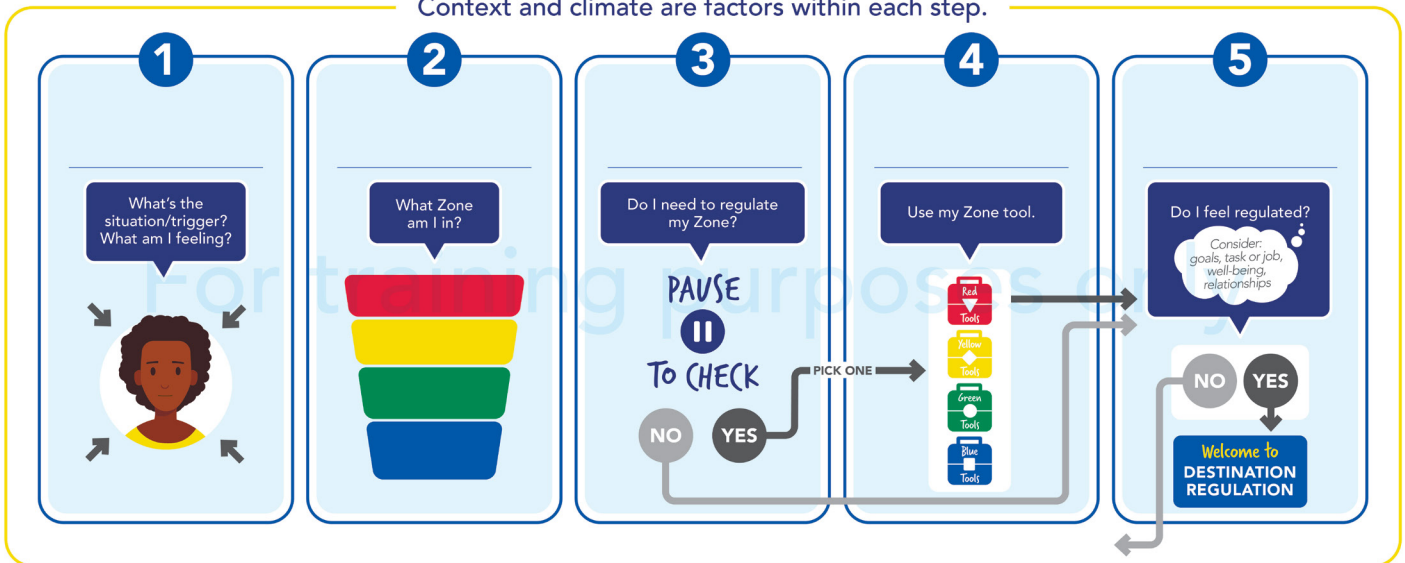
**RED
ZONE**

THE ZONES OF REGULATION PATHWAY

DIRECTIONS

Label each step along The Zones of Regulation Pathway.

Context and climate are factors within each step.



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INTEROCEPTIVE BODY SCAN

DIRECTIONS

Think about the sensations in various parts of your body when prompted.
How do you feel?

What is going on inside my body?
How do I feel?

ENERGY

CHEST

STOMACH

MUSCLES

BRAIN

THROAT

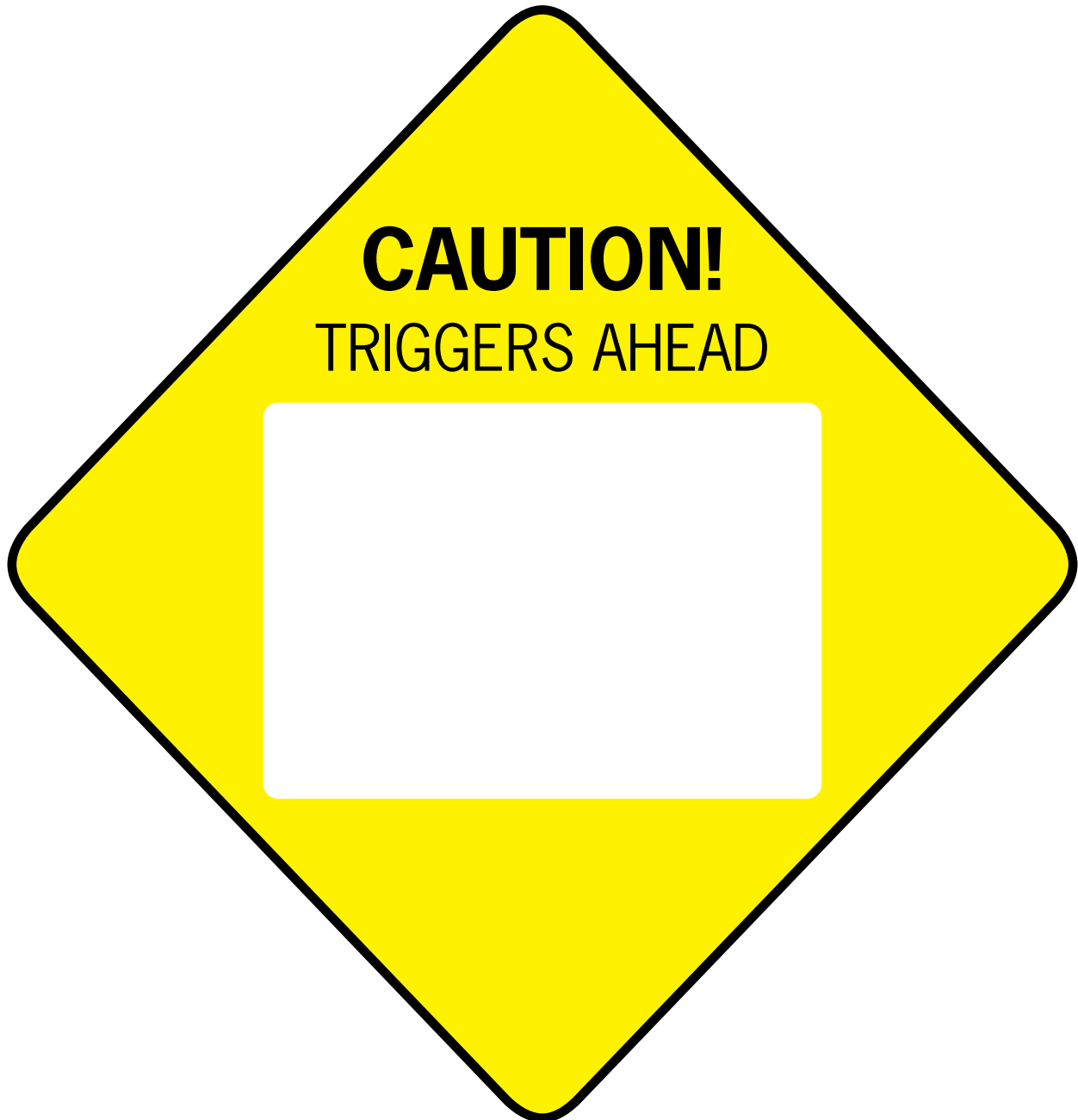
HEART

SKIN

TRIGGERS WORKSHEET

DIRECTIONS

*What are your Triggers? They can be both positive or negative.
Fill in the sign with some of yours.*



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ZONES TOOLS WORKSHEET

DIRECTIONS

Follow along as we work through utilizing Zones Tools together.

ZONES Tools Worksheet

Name of Tool	Circle the Zone or Zones you think the tool would help in.				
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None

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STOP, OPT, AND GO

DIRECTIONS

Fill in the blanks below.

Problem: _____



Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.

Use this STOP, OPT, and GO Solution Finder Worksheet to brainstorm all of the OPTIONS you have—good and bad. This includes using your tools as well as the choices that aren't so good, like losing your cool.

- Consider each option.
- Take a yellow or red marker and cross off each option that would cause you to go into those Zones.
- Take a green marker and circle the best option(s) to go with.

My best option is: _____

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ZONES-FRIENDLY LANGUAGE

DIRECTIONS

Fill in an example of using a Zones-friendly statement on the first line.

ZONES LANGUAGE

“Talk the Talk”

INSTEAD OF...

“You need to calm down.”

“It’s too loud in here.”

“You need to take a break”

“Don’t worry about that”

“You are losing points/
getting clipped up on our
level system”

TRY...

“The noise in here is making ME feel like I’m in the Yellow/Red Zone and it’s hard for me to think. Can you help me take a deep breath to manage my Zone? ”

“It looks like you might be in the _____ Zone. Do you want to try a tool? ”

“How could you take care of your Zone to help with this feeling?”

“Let’s check in with The Zones. How are you feeling?”

IMPLEMENTATION PLANNING FOR THE ZONES OF REGULATION

DIRECTIONS

*It's time to think about your next steps with implementing The Zones.
Pick one or two areas to dig into.*

Form a Leadership Group

Who:

Consider Physical Space and Time in Schedules

Visuals Needed:

Tools and any equipment:

Schedule:

Ensure Access to Books and Materials

Resources needed:

Continued on next page...

IMPLEMENTATION PLANNING FOR THE ZONES OF REGULATION

CONTINUED

ALL Staff Trained

How and When:

Communication with caregivers:

Establish Practice and Exposure Guidelines

Supporting a common language:

Ensuring consistency across environments:

Scaffolding for age and ability:

IMPORTANT POINTS ABOUT THE ZONES OF REGULATION FRAMEWORK

DIRECTIONS

Fill in the blanks to synthesize these important points.

- 1 A Zone is determined by how one feels on the inside, not their _____ on the outside.
- 2 There is no _____ Zone.
- 3 Natural to experience _____ Zones.
- 4 Learn to manage zone according to:
 - _____
 - _____
 - _____
- 5 Create a culture where _____ experiences the Zones.
- 6 The Zones climate should portray respect, empathy and compassion rather than _____, _____, and _____.

