

ZONES in the New Age:
Examples for Distance
Learning and In-Person
Learning during Covid-19

THE
ZONES OF
REGULATION™



Distance Learning

5 Ways to Incorporate The Zones in Distance Learning

1. Create Zones Visuals at Home
2. Virtual Zones Check-ins
3. Teach a Tool of the Week
4. Create Home Toolboxes
5. Story/Literature Connections

The Zones of Regulation (L.M. Kuypers, 2011)

THE
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Create Check-ins for Home-

see video https://www.youtube.com/watch?time_continue=8&v=66ogmkG98pl&feature=emb_logo



Free Downloads for Home Check-in

<https://www.zonesofregulation.com/distance-learning-resources.html>



Make A Zones Check-in at Home

Have you been learning about *The Zones of Regulation*? Follow these easy steps to make your own *Zones* check-in for everyone to use in your home.

Step 1: Watch the video directions

Step 2: Decide what you want your Check-In to look like

For example: Use the handout provided, Legos, colored paper, emojis, characters from a show, etc.

Step 3: Gather your materials

For example: paper, scissors, glue, Legos, magazines, print pictures, etc.

Step 4: Create your Zones Check-in which includes:

- Red, Yellow, Green and Blue Zone areas
- A way to represent each person in your family

For example: Names or pictures on Post-its, magnets, clothespins, or paperclips

Step 5: Display in a place where your family spends lots of time.

Step 6: Start Checking-In! Do so as often as you want, but for sure everyday.

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Based on *The Zones of Regulation* (Kuypers, 2011) Available at www.socialthinking.com

The Zones of Regulation can help us think and talk about how we are feeling. All the Zones are OK!

What Zone Are You In?

BLUE ZONE
Sad, Tired, Bored

GREEN ZONE
Calm, Happy, Focused

YELLOW ZONE
Frustrated, Silly, Worried

RED ZONE
Overjoyed, Mad, Out of Control

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Home Check-ins



Credit:
Carin Stroncsek, Brookwood
Elementary Hillsboro, OR

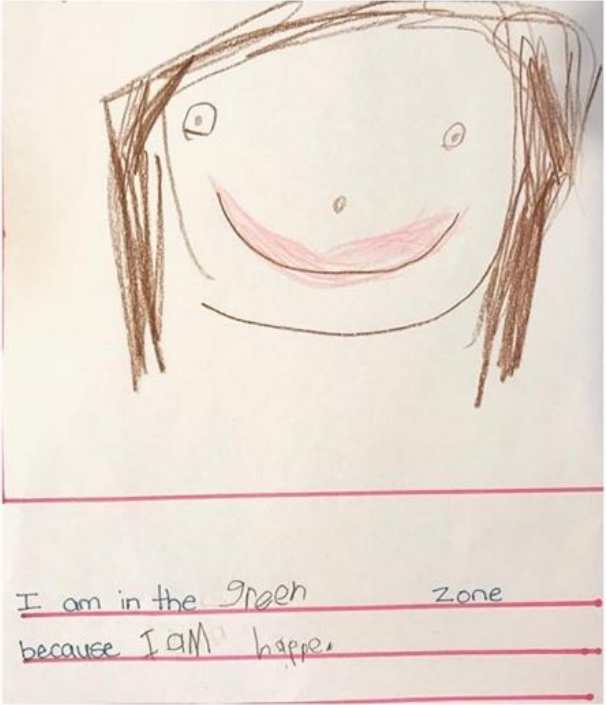


Credit: The Kuypers Family

Household/Outdoor Objects



Credit: The Walz family



Credit: Melissa Ramsarran

Bitmoji visuals

Zones of Regulation



Credit: Ms. Witherell, Newton School, Greenfield, MA

Bitmoji Zones Classroom with links



Credit: Diane Pozdrowski from Waterdown, Ontario


GoogleForms Check-in

My Zones Check-in

Let's check in about how you are today!

* Required

Hi! What ZONE are you in right now? *



BLUE ZONE

- Sad
- Sick
- Tired
- Bored
- Moving Slowly

BLUE Zone



GREEN ZONE

- Happy
- Calm
- Feeling Okay
- Focused
- Ready to Learn

GREEN Zone



YELLOW ZONE

- Frustrated
- Worried
- Silly/Wiggly
- Excited
- Loss of Some Control

YELLOW Zone



RED ZONE

- Mad/Angry
- Terrified
- Yelling/Hitting
- Elated
- Out of Control

RED Zone

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 _____

Seesaw Activities

Under the Digital Use Agreement, materials can only be shared on password protected closed networks. If you create Seesaw activities, we ask you to only share them within your school. For more on Sharing The Zones: <https://www.zonesofregulation.com/sharing-the-zones.html>

Ms. Bedford

Assign...

Student Instructions

Zones of Regulation Sort

- Sort the emojis into each Zone using 🖱️
- ✍️ to record why you sorted each emoji into each Zone
- ✅ when you are finished

Students will edit this template

Social Emotional Learning, 1st, 3rd, 2nd

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

Amanda Madsen

Assign...

Student Instructions

Yellow Zone - Zones of Regulation

Show what you know about the Yellow Zone!

- Add response a selfie showing what you might look like in the Yellow Zone.
- Use T to list feelings in the Yellow Zone.
- Use T to list triggers that make you feel in the Yellow Zone.
- Use T to list tools that you can use when you are in the Yellow Zone.
- Record yourself telling about the Yellow Zone feelings, triggers, and tools.
- Look to make sure you've done your best work, then press submit.

Play Instructions (0:33)

Social Emotional Learning, 3rd, 2nd, 4th

1162 teachers like this

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

Teacher Notes (not visible to students)

This activity is based on the Zones of Regulation® curriculum

Mrs. Crawley

Assign...

Student Instructions

Zones of Regulation

- Listen to the story Pete the Cat and His Magic Sunglasses here - <https://safeYouTube.net/w/DTF2>
- Press Add response
- Press ✍️
- Record what zones you think some of the characters were in.
- Press submit twice

Play Instructions (0:26)

Social Emotional Learning, 1st, K, 2nd


2024 teachers like this

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

Students will edit this template

Flipgrid Check-in

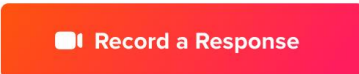
demo <https://flipgrid.com/80293127>


Code 80293127 Record a Response

Aug 21, 2020

Zones Check-In Demo

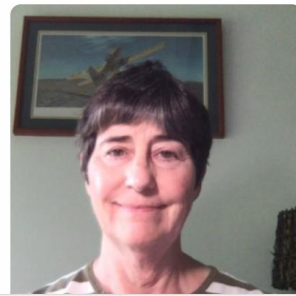



How are you feeling? What signals is your body giving you to help you figure out your feelings? What Zone are you in?





3 Responses

97 views · 1 comment · [1.6 hours](#) of engagement



Virtual Calming Rooms

example: <https://www.district196.org/about/calm-room>

Virtual Calming Room

Sometimes life can be overwhelming and it can be hard to work through difficult times. This Virtual Calming Room was designed to assist in identifying different strategies for managing emotions. We hope these tools will provide helpful outlets and practices for when life gets tough.

Disclaimer: The following links are purely for educational purposes and are not intended as psychological interventions or as a substitute for psychological treatment. If you are in need of psychological help you should seek the consultation of a licensed mental health professional.



Credit: Minnesota
Indep. School District 196:

Sharing The Zones:

DIGITAL USE OF SOCIAL THINKING MATERIALS

[HTTPS://WWW.ZONESOFREGULATION.COM/UPLOADS/3/4/1/7/34178767/GUIDANCE FOR PUBLIC-DIGITALLY BASED LEARNING-SUMMER 2020.PDF](https://www.zonesofregulation.com/uploads/3/4/1/7/34178767/guidance_for_public-digittaly_based_learning-summer_2020.pdf)

Due to the Coronavirus pandemic, we, along with Social Thinking have had a high volume of requests for guidance on using the The Zones framework and materials in a digital learning format. We, in partnership with Social Thinking, strive to support you, your students and families, while also ensuring the quality of the intellectual property. Please read the Do's and Don'ts that Social Thinking has put out to provide you with how you can utilize The Zones in digitally-based instruction.

THE **ZONES** OF REGULATION™

Do's and Don'ts of Digital Sharing

With regards to utilizing our intellectual property in online digitally-based instruction, please follow these guidelines:

- **WE DO** allow use of our materials for live tele-therapy/tele-education sessions only when teaching **your own students via password-protected closed networks** (the intention is that the lesson is conducted as close as possible to a confidential classroom or therapy session or medical appointment utilizing the associated secure record-keeping process). Please do not make a recording of the live session.
- **WE DO** allow a small number of instructional thinksheets that are used with students to be posted on closed password-protected networks via school sites or other private channels not accessible to the public. You can also access lessons directly from our website under Free Stuff to use during tele-therapy sessions.
- **WE DO NOT** allow large amounts of material or entire chapters to be recorded or posted online in these private channels or password-protected networks.
- **WE DO NOT** allow educators, therapists or schools to post any of our materials on school websites or open channels for use in a virtual teaching format.
- **WE DO NOT** allow posting of our materials on open sites such as Google Classroom/Drive, Facebook, YouTube, Instagram, Pinterest, etc. This includes not being allowed to read our books aloud on an open YouTube channel etc
- **WE DO NOT** allow members of the community to train others on YouTube (or other sites) about use of our materials whether it be for digital or face to face instruction.

In-Person Learning



Expected/Unexpected for masks and materials

Expected	Unexpected
Mask Up Chairs still Chromebook closed at start of class	Mask Down Chairs rolling CB open without permission
Mask Up Chairs still CB closed at start of class	Mask Down Chairs rolling CB open without permission
Chairs still Leave books alone Hug chromebook when walking	Chairs rolling Touch books/shelves Running with a Chromebook

Credit: Mrs. Holtcamp at Maddux Elementary, OH

Masks and Emotions

Activity- in Google Slides created by Mallory Heffelfinger

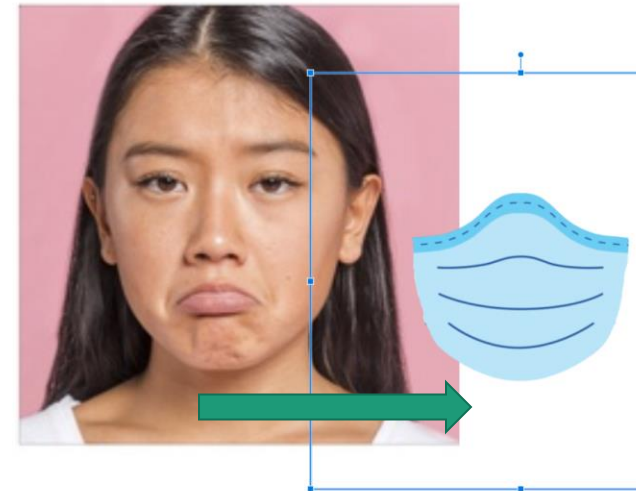
[Click here to make a copy in Drive](#)



The Face Behind the Mask

Identify the person's emotions by looking at their eyes.
Then click and drag the mask to reveal the rest of their face.

Credit: Mallory Heffelfinger,
Pleasant Grove Elementary NC



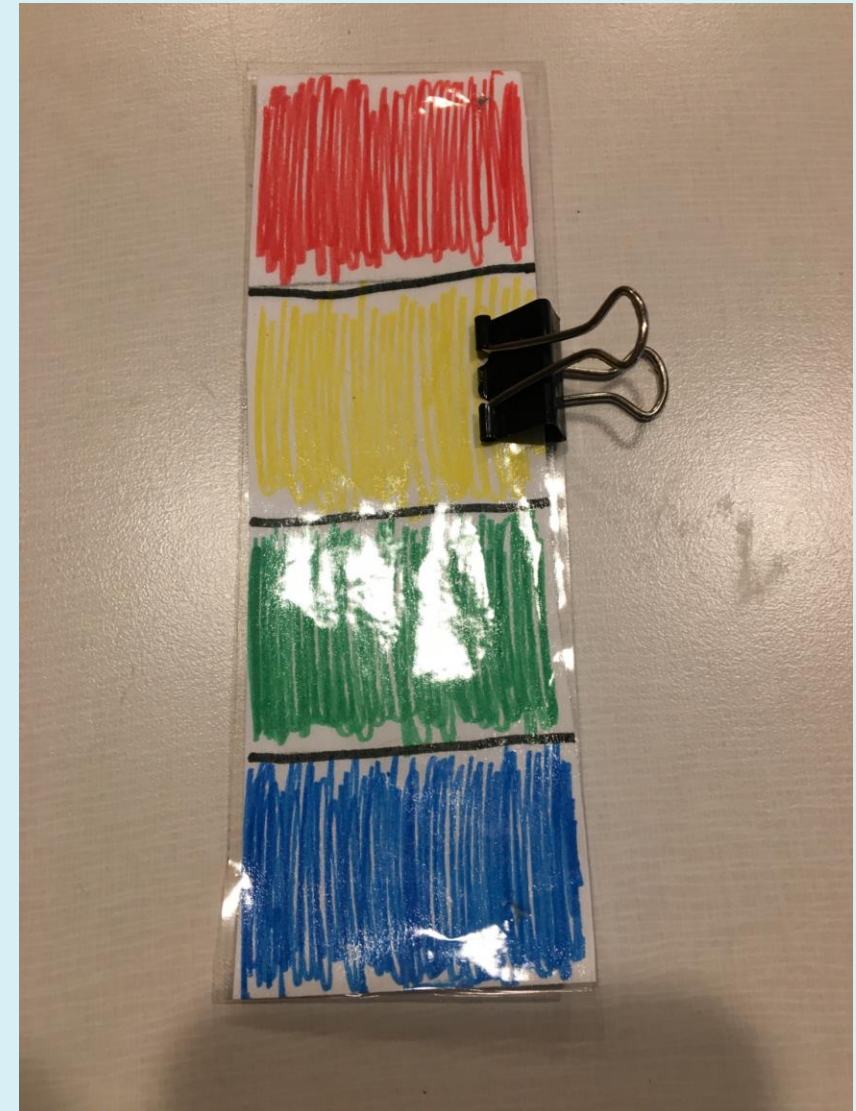
Individual (and cleanable) Check-ins



Credit: Sandy Ridge,
Durham Public Schools



Individual (and cleanable) Check-ins



Individual Toolboxes



Activity: Social Distance Zones Twister



Credit: Kristen McKearney and Steph Kopecky, special education teachers at Brook Valley South, NE

Each student had 1 of each color. We used a digital spinner that told what foot or hand to put down. Then they looked at an image of an emotion on a persons face and chose the color.

Online Mindfulness Activities- for school and home

**There are so many out there, here are a few of our favorites!*

[Hey Sigmund- Mindfulness Videos for Kids](#)



[Cosmic Kids Zen Den](#)



[1000 Petals- Move Mindfully](#)



[Go Noodle: Flow Channel](#)



The Zones Book Nook

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

Our [Zones Book Nook](#) is a list of books recommended by both our staff and The Zones community on Social Media. These books can be used to teach and reinforce The Zones of Regulation concepts as well as many other topics that come up in Social Emotional Learning.





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*. 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.

*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

Free Handouts for students, families, staff in English, Spanish, French

<https://www.zonesofregulation.com/free-downloadable-handouts1.html>

INFORMATION ABOUT THE ZONES OF REGULATION (REPRODUCIBLE A)



THE ZONES OF REGULATION GLOSSARY (REPRODUCIBLE B)



THE ZONES OF REGULATION VISUAL (REPRODUCIBLE E)

