

The Zones of Regulation & CASEL SEL Core Competency Areas

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
<ul style="list-style-type: none"> Identifying the Four Zones in self and others Creating Zones Posters (L.1) Zones Bingo (L.2) Zones in Video (L.3) Zones Check-in (pg.96) Expected/Unexpected Behavior (pg.48) The Zones in Me (L.4) Me in My Zones (L.6) My Zones Across the Day (L.8) Identifying Triggers (L.9) 	<ul style="list-style-type: none"> Zones Check-in (pg.96) My Zones Across the Day (L.8) Exploring Sensory Tools (L.10) Exploring Tools for Calming (L.11) Exploring Thinking Strategies (L.12) Size of the Problem, Size of the Reaction (pg. 122) Inner Coach vs. Inner Critic (pg.127) SuperFlex vs. RockBrain (pg.131) Zones Toolboxes (L.13) 	<ul style="list-style-type: none"> Stop, Opt, and Go Size of the Problem, Size of the Reaction (pg. 122) Inner Coach vs. Inner Critic (pg.127) SuperFlex vs. RockBrain (pg.131) Celebrating my Use of Tools (L.18) When to Use my Yellow Zones Tools (L.14) Stop and Use a Tool (L.15) Tracking My Tools (L.16) Stop, Opt, and Go (L.17) 	<ul style="list-style-type: none"> Understanding Different Perspectives (L.5) Zones Check-in (pg.96) Good Thoughts vs. Uncomfortable Thoughts (pg. 51) Our Behavior Impacts Others (pg.50) When to Use my Yellow Zones Tools (L.14) Stop and Use a Tool (L.15) 	<ul style="list-style-type: none"> Understanding Different Perspectives- Social Behavior Mapping (L.5) Good Thoughts vs. Uncomfortable Thoughts (pg. 51) Our Behavior Impacts Others (pg.50) Me in My Zones (L.6) The Zones in Me- What Zones Should I be in? (L.4) Stop, Opt, and Go (L.17) 