



CONTENTS

PREFACE	x
Reflections from the Author	x
What's New to The Zones of Regulation?	xiv
Getting Into The Zones	xiv
<i>The Zones of Regulation® Digital Curriculum</i>	xv
Acknowledgments	xvi

CHAPTER 1: REGULATION FROM THE INSIDE OUT

OVERVIEW AND GOALS	1
WHAT IS REGULATION?	2
Self-regulation and Co-regulation	3
Expect Dysregulation	4
WHY DOES REGULATION MATTER?	4
Regulation and Social Emotional Learning (SEL)	5
BEYOND BEHAVIOR: UNDERSTANDING	
THE UNDERLYING FACTORS IMPACTING REGULATION	6
What's Under the Hood: Neurobiological	
Considerations Impacting Regulation	7
Developmental Nature of Regulation Strategies	9
Sensory Processing and Interoception	11
Executive Functioning	14
Emotional Regulation	15
Social Cognition	17
Context and Prediction	19
Trauma and the Nervous System	20
What's the Terrain: The Impact of Lived Experience on Regulation . .	22
Relationships	23
Culture	24
Sociopolitical Environment	25
Experience with Disciplinary Measures	25
Access to Supports	27
CONCLUSION	28
Apply Your Learning	28
Reflection Question	28
Pair & Share with a Colleague	29
LEADER REFLECTION ACTIVITY: Factors Impacting Regulation	xiv

CHAPTER 2: WHAT IS THE ZONES OF REGULATION?

OVERVIEW AND GOALS	31
WHAT IS THE ZONES OF REGULATION?	32

CONTENTS

CATEGORIZING FEELINGS INTO THE ZONES: SIGNATURE PRACTICE 1	34
Why Use Colors to Teach about Regulation?	34
The Neuroscience Behind The Zones	35
THE FOUR ZONES SENSATIONS AND SIGNALS	36
Blue Zone	37
Green Zone	37
Yellow Zone	38
Red Zone	39
All The Zones Are Okay	40
OFFER ZONES CHECK-INS: SIGNATURE PRACTICE 2	41
Check-In Benefits for Learners	41
Check-In Benefits for Leaders	41
REGULATING OUR ZONES WITH TOOLS	42
Regulating the Blue Zone	43
Regulating the Green Zone	43
Regulating the Yellow Zone	44
Regulating the Red Zone	44
CREATE CUSTOM ZONES TOOLBOXES: SIGNATURE PRACTICE 3	45
Tool Tips	45
USE THE ZONES PATHWAY: SIGNATURE PRACTICE 4	46
Pathway Variables	47
The Zones Pathway in Action	48
Step 1: Notice	48
Step 2: Check-in	48
Step 3: Decide	48
Step 4: Regulate	49
Step 5: Reflect	49
KEY PRINCIPLES OF THE ZONES OF REGULATION	50
CONCLUSION	51
Apply Your Learning	52
Reflection Questions	52
Pair & Share with a Colleague	53
LEADER REFLECTION ACTIVITY: My Zones and Signals	54
LEADER REFLECTION ACTIVITY: My Zones Pathway Reflection	55

CHAPTER 3: BUILDING THE ZONES CLIMATE

OVERVIEW AND GOALS	57
BENEFITS OF THE ZONES CLIMATE	58
BUILDING THE FOUNDATION FOR REGULATION: TAKING ACTION	59
1. Regulate Yourself	59
2. Build Relationships	61
3. Co-regulate with Learners	63
4. Cultivate Inclusion	64
5. Make Sense of Behavior	66

ESSENTIAL ELEMENTS FOR A ZONES CLIMATE	68
The Zones Climate Classroom Vignette	68
Element 1: Provide Direct Instruction and Practice Opportunities	71
Element 2: Post Zones Visuals	71
Element 3: Offer Zones Check-Ins	74
Element 4: Easy Access to Regulation Tools	75
Element 5: Use Zones Language	78
Own Your Zone	79
RESPONDING TO BEHAVIOR IN THE MOMENT	80
Restorative Practices	81
CONTEXT AND CLIMATE IMPACTING THE ZONES PATHWAY	82
ZONES CLIMATE ASSESSMENT TOOLS	82
CONCLUSION	84
Apply Your Learning	84
Reflection Questions	84
Pair & Share with a Colleague	85
LEADER REFLECTION ACTIVITY: Building the Foundation for Regulation:	
My Actions	86
LEADER REFLECTION ACTIVITY: Identifying The Zones Climate Practices	87

CHAPTER 4: **TEACHING THE ZONES OF REGULATION CURRICULUM**

OVERVIEW AND GOALS	89
INTRODUCTION TO THE ZONES OF REGULATION® DIGITAL CURRICULUM	90
Scope and Sequence	90
Concept Components	91
Universal Design for Learning (UDL)	94
PRESENTATION GUIDE PREVIEW	95
HOW TO IMPLEMENT THE ZONES CURRICULUM	98
Instruction Guidelines	98
Pacing Each Concept (Concept Instruction Plan)	99
Recommendations for Concept Pacing	100
Pacing the Curriculum	100
Spiraling Instruction	101
Spiraling Within the Instructional Period	101
Multi-Year Instruction	101
HOW TO TEACH A CONCEPT	103
Concept Prep Checklist	103
Using the Interactive Presentation	103
Recommendations for Engaging Learners	
Throughout an Interactive Presentation	104
Differentiate with Geared Activities	105
Deciding Which Geared Activity Is Right for Your Learners	105
AN OVERVIEW OF GEARED ACTIVITIES	106
Adapt for Diverse Learners	107
Considerations	107
Zones in Individualized Learning Plans	108
Overlaying The Zones with Other SEL Resources	109

CONTENTS

Extend Learning	109
The Zones Climate	109
Bridging The Zones: Connect with Supportive Adults	110
More Zones Resources	110
WAYS TO CHECK FOR LEARNING AND MEASURE PROGRESS	112
Observation and Questioning: What to Watch For	113
Learner Assessment Tools	114
Zones Climate and Implementation Assessment Tools	115
Check for Learning	115
Learner Self-monitoring	115
IMPLEMENT THE ZONES IN DIFFERENT SETTINGS	115
Roles to Support Implementation	116
Home	116
What Can The Zones Look Like in Different Settings?	117
Schools and Classrooms	118
Multi-Tiered Instruction	118
Connect to Academic Standards	120
Schoolwide Implementation	121
CONCLUSION	122
Apply Your Learning	123
Get Started!	123
LEADER REFLECTION ACTIVITY: Concept Planner: Concept 1	124
LEADER REFLECTION ACTIVITY: Foundational Planning	125
APPENDIX	126
Chapter 1	
Sensory Preferences and Lifestyle	127
Tools for Assessing Regulation Competencies	128
Zones of Regulation Digital Curriculum and CASEL Competency Correlation Chart	130
Chapter 3	
Zones Check-In Considerations	131
Zones Language	132
The Zones Climate Rubric	133
Chapter 4	
Concept Planner	137
Sample Individualized Regulation Goals	138
Zones in the Home	139
MTSS/PBIS and Zones of Regulation Crosswalk	140
Regulation Self-reflection	141
Learning Target Rubric	143
Observing Regulation Competencies	146
Digital Curriculum Implementation and Fidelity Checklist	148
ABOUT THE AUTHOR	154

LEADER RESOURCES

(See the last page of the book for download link.)

Chapter 1

Leader Reflection Activity: Factors Impacting Regulation	2
Sensory Preferences and Lifestyle: Avoiding to Seeking Scale	3
Zones of Regulation Digital Curriculum and CASEL Competency Correlation Chart	4

Chapter 2

Leader Reflection Activity: My Zones and Signals	5
Leader Reflection Activity: My Zones Pathway Reflection	6

Chapter 3

Zones Check-In Considerations	7
Zones Language	8
The Zones Climate Rubric	9
Leader Reflection Activity: Building the Foundation for Regulation: My Actions . . .	13
Leader Reflection Activity: Identifying Zones Climate Practices	14

Chapter 4

Concept Planner	15
Sample Individualized Regulation Goals	16
Zones in the Home	17
MTSS/PBIS and Zones of Regulation Crosswalk	18
Leader Reflection Activity: Foundational Planning	19
Regulation Self-Reflection	20
Learning Target Rubric	22
Observing Regulation Competencies	25
Leader Reflection Activity: Concept 1 Planner	27
Digital Curriculum Implementation and Fidelity Checklist	28

Online Bibliography and Resources

(Visit www.socialthinking.com/getting-into-the-zones to locate the listing.)