

ZONES CHECK-IN CONSIDERATIONS



DOs



DO model first by “owning your zone” and checking in with all of your Zones to establish a safe climate that values all feelings.



DO use a Zones Check-In as a non-judgmental communication strategy, reinforcing that ALL ZONES ARE OKAY.



DO consider that checking in can feel hard for some learners due to self-awareness and their sense of safety and comfort in the situation.



DO use observations and inquiry when checking in with learners. For example, “I see that your head is down, and you are yawning. What Zone are you in?”



DO check-ins throughout the day to allow for self-reflection in all of The Zones.

DON'Ts



DON'T make checking in one-sided just for learners. We all experience all of The Zones.



DON'T connect a Zones Check-In to a compliance or punitive system. Remember: The Zones is not a behavior management system; there should be no rewards or punishments for being in any Zone.



DON'T force someone to check in. It is crucial to respect the autonomy of each unique individual.



DON'T label somebody's Zone for them. This can lead to misunderstanding and misinterpretation.



DON'T use Zones Check-Ins only during challenging moments.