

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.