



STOP & JOT NOTES

THE ZONES BASIC TRAINING

These Stop and Jot Notes will help you to synthesize important concepts from today's training.

THE FOUR ZONES OF REGULATION

DIRECTIONS

Write 3-4 feelings that fall into each of the four Zones of Regulation, making sure to include a positive one for the Red Zone.

**BLUE
ZONE**

**GREEN
ZONE**

**YELLOW
ZONE**

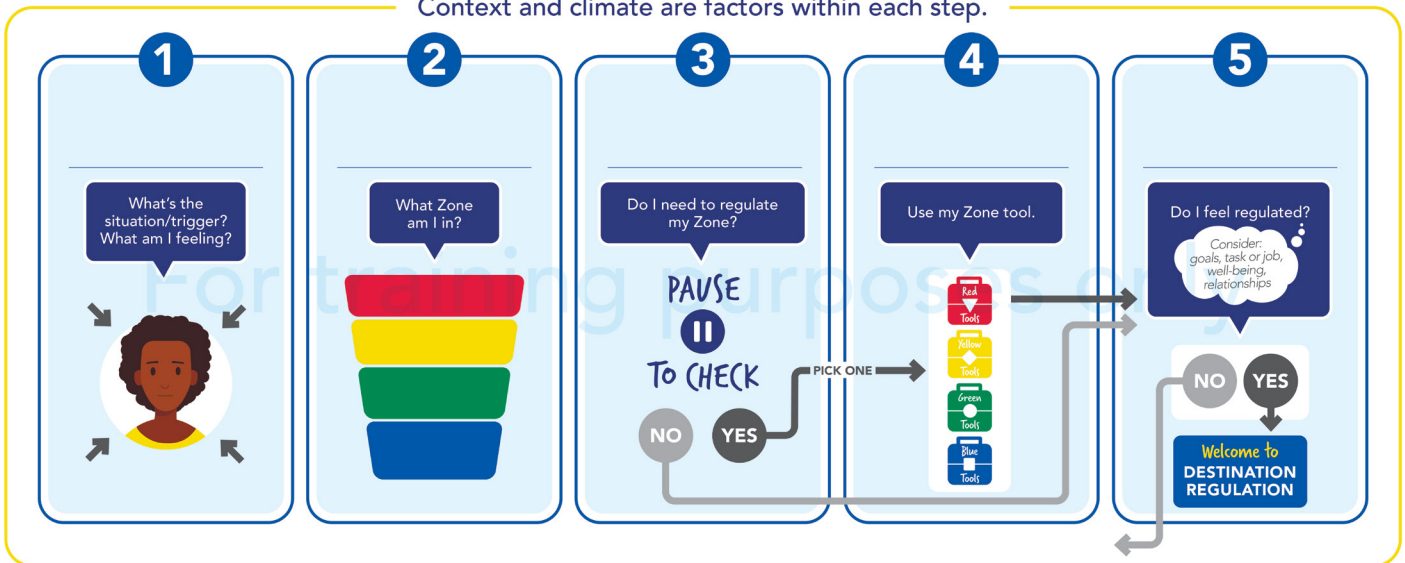
**RED
ZONE**

THE ZONES OF REGULATION PATHWAY

DIRECTIONS

Label each step along The Zones of Regulation Pathway.

Context and climate are factors within each step.

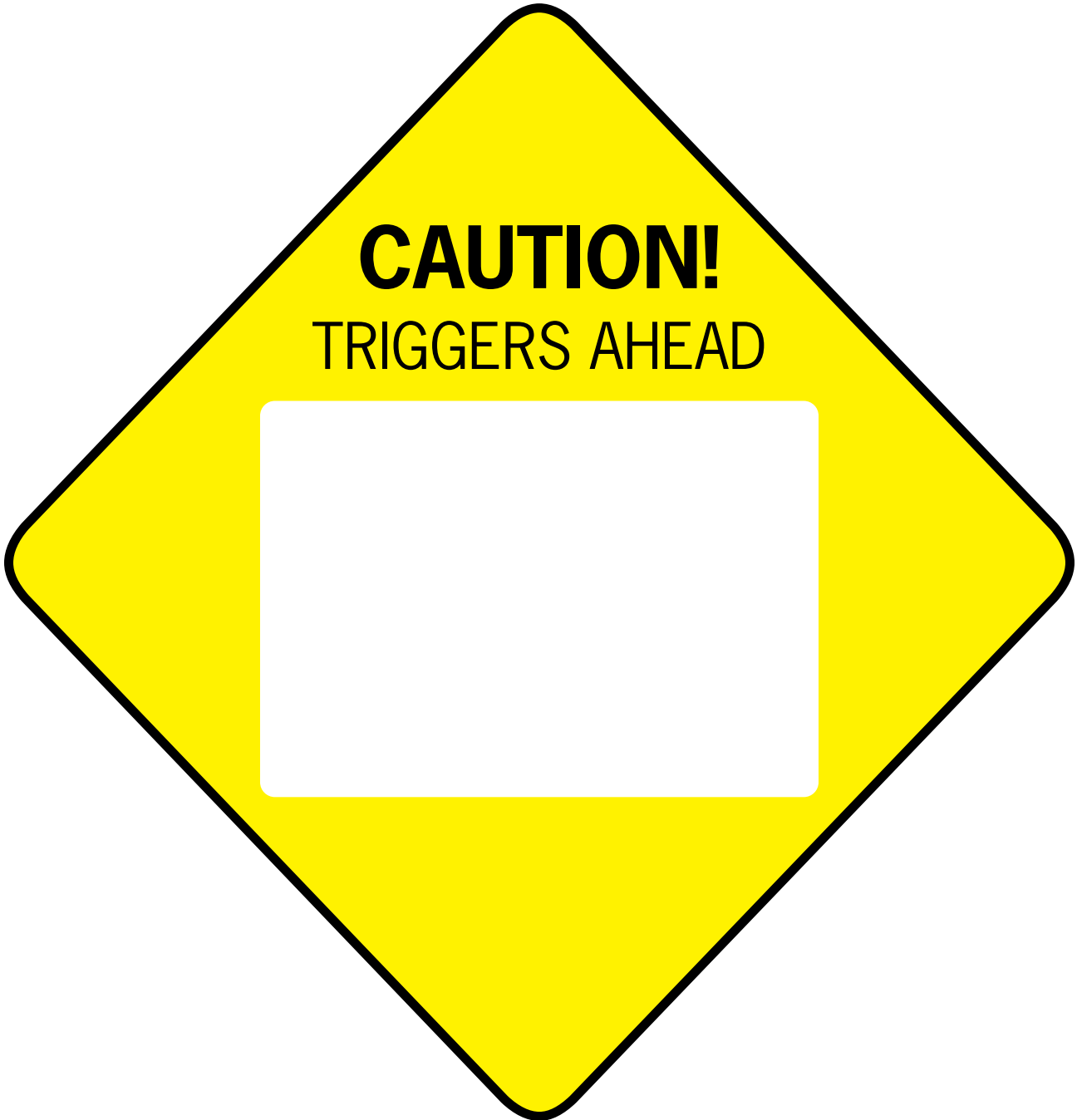


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TRIGGERS WORKSHEET

DIRECTIONS

*What are your Triggers? They can be both positive or negative.
Fill in the sign with some of yours.*



ZONES TOOLS WORKSHEET

DIRECTIONS

What tools do you use to regulate each of your Zones? Fill them in below.

ZONES Tools Worksheet

Name of Tool	Circle the Zone or Zones you think the tool would help in.				
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None

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ZONES-FRIENDLY LANGUAGE

DIRECTIONS

Fill in an example of using a Zones-friendly statement on the first line.

ZONES LANGUAGE

“Talk the Talk”

INSTEAD OF...

“You need to calm down.”

“It’s too loud in here.”

“You need to take a break”

“Don’t worry about that”

*“You are losing points/
getting clipped up on our
level system”*

TRY...

“The noise in here is making ME feel like I’m in the Yellow/Red Zone and it’s hard for me to think. Can you help me take a deep breath to manage my Zone? ”

“It looks like you might be in the _____ Zone. Do you want to try a tool? ”

“How could you take care of your Zone to help with this feeling?”

“ Let’s check in with The Zones. How are you feeling?”

IMPLEMENTATION PLANNING FOR THE ZONES OF REGULATION

DIRECTIONS

*It's time to think about your next steps with implementing The Zones.
Pick one or two areas to dig into.*

Form a Leadership Group

Who:

Consider Physical Space and Time in Schedules

Visuals Needed:

Tools and any equipment:

Schedule:

Ensure Access to Books and Materials

Resources needed:

Continued on next page...

IMPLEMENTATION PLANNING FOR THE ZONES OF REGULATION

CONTINUED

ALL Staff Trained

How and When:

Communication with caregivers:

Establish Practice and Exposure Guidelines

Supporting a common language:

Ensuring consistency across environments:

Scaffolding for age and ability:

IMPORTANT POINTS ABOUT THE ZONES OF REGULATION FRAMEWORK

DIRECTIONS

Fill in the blanks to synthesize these important points.

- 1 A Zone is determined by how one feels on the inside, not their _____ on the outside.
- 2 There is no _____ Zone.
- 3 Natural to experience _____ Zones.
- 4 Learn to manage zone according to:
 - _____
 - _____
 - _____
- 5 Create a culture where _____ experiences the Zones.
- 6 The Zones climate should portray respect, empathy and compassion rather than _____, _____, and _____.