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### TECH CHECK AND VIRTUAL ENGAGEMENT

**TECHNOLOGY**

- We will not see or hear you
- You can see the speaker and their shared screen
- Be sure that you are in full screen mode
- Close all other windows for speed

**COMMUNICATION/ENGAGEMENT**

**Chat**

- Open for comments throughout the training
- Be sure to chat with 'All panelists and attendees'

**Raise Hand**

- When asked to weigh in

**Q&A**

- Type questions in here
- Provide general questions
- We may not have time for all questions

Questions?  
Contact Molly via text or email:  
Cell: 319-610-4245  
Office: 312-952-4361  
[info@zonesofregulation.com](mailto:info@zonesofregulation.com)

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### DOCUMENTS FOR YOUR TRAINING DAY

All documents for the day are found on the password protected webpage for your training. The information is in your confirmation email. **Password: Zoneswebinar**

<b>1. Agenda</b> 	<b>4. Discount Flyer</b> 
<b>2. PPT Handouts</b> 	<b>5. Certificate of Attendance</b> <i>(available at the end of the webinar)</i> 
<b>3. Stop and Jot Notes</b> 	<b>6. Survey and Resource List</b> <i>(email sent after the webinar)</i> 

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**LEARNING TARGETS** 

- I can apply best practices for teaching SEL competencies to adolescents to *The Zones of Regulation* framework and curriculum.
- I can adapt *Zones of Regulation* concepts for adolescent learners- including common language, visuals, check-ins, and regulation tools.




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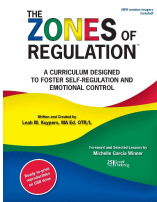

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**Disclosures**

**Course Content Disclosure:**  
This course will focus on primarily one product, methodology and curriculum, The Zones of Regulation® (2011) created by Leah Kuypers, published by Think Social Publishing.


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**WHO ARE ADOLESCENTS?**

- Ages 12-early 20s
- Unique developmental phase of life between childhood and adulthood
- Onset of puberty
- Increased independence from adults
- Rapid physical and cognitive growth



**TEENAGER**  
noun 1. Someone who is ready for the zombie apocalypse but not ready for the math test tomorrow.

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**WHAT CHALLENGES DO YOU SEE TEENS & TWEENS FACING?**

Emotionally?  
Socially?  
Behaviorally?




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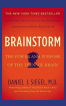
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*The "work" of adolescence - the testing of boundaries, the passion to explore what is unknown and exciting - can set the stage for the development of core character traits that will enable adolescents to go on to lead great lives of adventure and purpose.*

**-Dr. Dan Siegal**

*Brainstorm: The Purpose and Power of the Teenage Brain*




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**THE UNIQUE ADOLESCENT BRAIN**



Novelty Seeking

Emotional Intensity

Social Engagement

Creative Exploration

Dr. Dan Siegal, "Brainstorm: The Power and Purpose of the Teenage Brain"

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### WHAT DO WE KNOW ABOUT TEACHING SEL TO ADOLESCENTS?

MISCONCEPTION:	RESEARCH SAYS:
Adolescents should have already learned SEL skills at elementary/primary ages.	Adolescence is a "critical period" in social and emotional growth and development, SEL access is a predictor of positive outcomes.
Teens/tweens won't find SEL engaging.	Teens and tweens are much more likely to engage in SEL instruction if it's delivered in a way that matters to them (is developmentally appropriate).

\*Yeager, David S. "Social and Emotional Learning Programs for Adolescents."  
\*Dornitrovich, Svetlana, & Calin. "Promoting Social and Emotional Learning in the Middle and High School Years."  
\*Rosen, et al. "Social Emotional Learning in Middle School: Developing Evidence-Based Programs."

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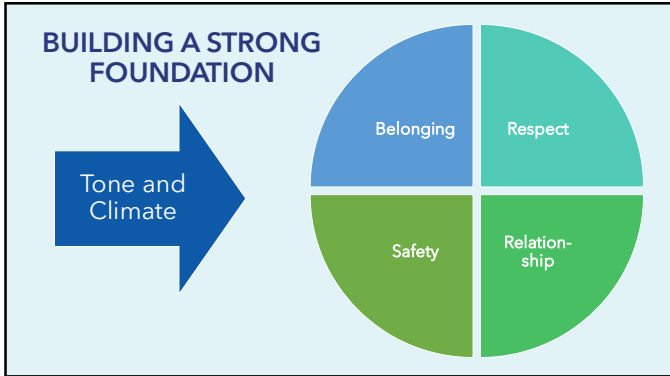
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### INTEGRATE BEST PRACTICES INTO LEARNING EXPERIENCES



- Center learners' autonomy and agency
- Provide safe and interesting ways to try out new concepts
- Use relevant scenarios to build and practice SEL competencies
- Build social and active learning experiences
- Explore of goals, identities, and values
- Give learners opportunities to shape and use their voice
- Teach adolescents about their developing brains (and bodies)



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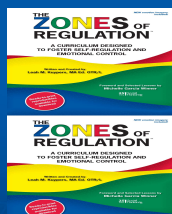
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### WHAT IS THE ZONES OF REGULATION?



A simple way to think about, talk (and teach) about and take care of our feelings.



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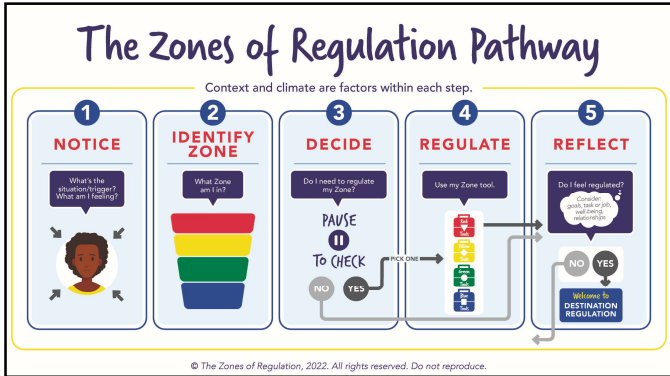
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### KEY PRINCIPLES OF THE ZONES OF REGULATION

- Zones are based on feelings, not behaviors.
- All the Zones are OK.
- The Green Zone is not the goal.
- The Zones helps us regulate toward our goals, not compliance.
- How we teach The Zones matters.

— All the —  
**ZONES**  
— are —  
**OK**

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### Adapting The Zones for Teens and Tweens

- Language
- Visuals
- Check-ins
- Regulation Tools

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### ADAPT ZONES LANGUAGE- STARTING WITH THE WHY

Connect wellness strategies to a learner's personal goals for their future, identity, sense of self.



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### HOW DO I "AGE UP" TALKING ABOUT THE ZONES?

1) Start by building a broader emotional vocabulary



FeelingsWheel.com

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2) Discuss states of energy and alertness

3) Scale emotions by strength and intensity

4) Consider some emotions that people may need to seek help in navigating

WHAT ZONE ARE YOU IN?

**RED ZONE**  
 Angry/Hate • Scared • Embarrassed • Out of Control

**YELLOW ZONE**  
 Frustrated • Worried/Anxious • Excited/Upset • Nervous • Overwhelmed • Loss of Some Control

**GREEN ZONE**  
 Happy • Calm • Okay/Content • Proud • Proud • Relaxed

**BLUE ZONE**  
 Sad • Lonely • Tired/Exhausted • Bored • Depressed • Missing Someone

BLUE ZONE

RUNNING SLOW

Sad

Lonely

Tired

Bored

Anxious

Sleepy

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**ADAPTING ZONES VISUALS**

Think about:  
- maturity level  
- interests  
- representation and identities



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Incorporate media that relates to learners' interests and expression



J. Ganz, Project Mickey, Baltimore MD

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Create visuals of role models in their Zones



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Empower learners to describe The Zones their own way

# Annoyed:

Fleming Public Schools, Toronto TDSB

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**ADAPTING ZONES CHECK-INS FOR TWEENS & TEENS**

- Be willing to go first
- Use discreet check-in systems- remember to NOT force student to check-in.
- Provide alternatives to public check-ins such as journaling etc.
- Non-verbal check-in during a mindful moment- "body scan"
- Integrate technology
- Can use emotion words vs. Zone color




Image ©2021 Think Social Publishing, Inc. from Tools to Try Cards for Tweens and Teens Deck (Kuypers and Sautter)

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**My Zones Check-in**

Let's check in about how you are today!

How are you feeling today?

**Blue Zone**

Sad  
Sick  
Tired  
Bored  
Annoyed

**Green Zone**

Happy  
Calm  
Feeling Okay  
Focused  
Relaxed

**Yellow Zone**

Frustrated  
Nervous  
Silly/Wiggly  
Excited  
Happy/Very Excited

**Red Zone**

Mad/Very Angry  
Stressed  
Cranked/Grumpy  
Overwhelmed  
Not in Control

How do you feel?

**No Thanks**

**No Zone**

I prefer to check in right now.

**Digital Check-ins**

What is one TOOL you can use to take care of your Zone today?\*

- Talk to a friend
- Clean a picture
- Listen to music
- Drink lots of water
- Stretch
- Dance
- Eat healthy food
- Run
- Write a note to someone or journal
- Smile and laugh
- Help someone
- Jumping Jacks
- Deep breaths
- Play a game
- Other: \_\_\_\_\_

Is there anything else you want to talk about today?

Your answer: \_\_\_\_\_

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**THINKING BEYOND THE FIDGET:  
REGULATION TOOLS FOR TWEENS & TEENS**

- Mindful breathing
- Listening to music
- Tense and release muscles
- Mantras
- Journaling or drawing
- Positive self-talk
- Exercise or movement
- Screen breaks
- Healthy snacks

Image ©2021 Think Social Publishing, Inc. from Tools to Try Cards for Tweens and Teens Deck (Kuyppers and Sautter)

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**Connection Tools- Seeking Guidance**

Image ©2021 Think Social Publishing, Inc. from Tools to Try Cards for Tweens and Teens Deck (Kuyppers and Sautter)

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**Virtual/  
Digital  
Regulation  
Tools**

**Virtual Calming Room**

Sometimes life can be overwhelming and it can be hard to work through difficult times. This virtual Calming Room was designed to assist in identifying skills and strategies for managing problems. We hope these skills will provide helpful coping and problem-solving strategies to use in the long run. Remember, the following links are only for educational purposes and are not intended as psychological interventions or an substitute for psychological treatment. Please use in lieu of psychological help you should seek the consultation of a licensed mental health professional.

MINNESOTA INDEPENDENT SCHOOL DISTRICT 196: <https://www.district196.org/about/calm-room>

**THE ZONES OF REGULATION**

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## Slide 31

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**EWO** Flip order with 27?

Emily Walz, 2022-09-14T18:58:31.059

### WHAT ABOUT SCREENS?

- Screen media can be a tool, can also be harmful
- Give adolescents breaks- "park your screens"
- Explicitly teach teens & tweens to recognize when screens interfere with wellness, and what to do

**2021 AVERAGE "SCREEN MEDIA PER DAY"**  
8- to 12-year-olds: 5.5 hrs/day  
13- to 18-year-olds: 8.5 hrs/day



The Common Sense Census: Media Use by Tweens and Teens, 2021 commonsensemedia.org

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### REGULATION SPACES IN SECONDARY SCHOOLS

Considerations:

- Student voice, collaboration
- Privacy
- Trained supportive staff
- Variety of tools: sensory, connection, movement, thinking strategies, connection
- Process/Procedure: When and how can learners access this space?



Harford Manor School "Blue Room" Norwich, UK

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**DIGGING IN DEEPER**

#### Ramp up the Relevance

Connect concepts with real life experiences and scenarios

Image via Twitter @kwick Pixton Application

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### Build Connection through Social Learning

Emily Casey- ELSA – Virginia Primary, London

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### Engage the Arts:

Encourage self-expression of emotions through art, music, dance, multi-media, movement, writing, poetry, etc.

<http://www.mindlightcounseling.com.au/>

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### Connect Emotional Learning With Community and Global Perspectives

- Empathize with historical & current figures
- Examine the role of emotions in sociopolitical movements
- Using strong emotions as motivators to make a positive impact

\*March\* by John Lewis and Nate Powell image- acapellabooks.com  
<https://www.globalcitizen.org/en/content/global-climate-strike-fridays-future-what-to-know/>

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### IMPLEMENTING THE ZONES IN UPPER SCHOOLS

 <p style="text-align: center; font-weight: bold; color: white;">Student Leadership</p> <ul style="list-style-type: none"> <li>Classroom toolkits, break area</li> <li>Peer coaching/ support</li> <li>Mental health club</li> <li>Speakers, special events</li> </ul>	 <p style="text-align: center; font-weight: bold; color: white;">School Climate</p> <ul style="list-style-type: none"> <li>Prioritize wellness</li> <li>Belonging, identity-affirming</li> <li>MAKE TIME</li> </ul>	 <p style="text-align: center; font-weight: bold; color: white;">Staff Comfort and Readiness</p> <ul style="list-style-type: none"> <li>Buy-in</li> <li>Comfort/capacity with content</li> <li>Support</li> </ul>
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### WHEN & WHERE: THE ZONES IN A SECONDARY SETTING

Advisory or Homeroom	<ul style="list-style-type: none"> <li>Zones mini-lessons throughout the year</li> <li>Check-ins and regulation tool opportunities</li> </ul>
Wellness/ Health Class	<ul style="list-style-type: none"> <li>Zones of Regulation unit to set common language and framework</li> <li>Example: taught prior to suicide awareness unit, P.E. unit, "Healthy Lifestyles" class</li> </ul>
Study /Job Skills Class	<ul style="list-style-type: none"> <li>Zones of Regulation unit, focus on connecting regulation with goals and managing stress</li> <li>Example: "Welcome to Freshman Year" class</li> </ul>
Guest Lessons in Content Area Classes	<ul style="list-style-type: none"> <li>Content specialist such as counselor/mental health practitioner, rotate into classrooms</li> <li>Teachers responsible for lessons on a rotating basis</li> </ul>
Ongoing Support and Generalization	<ul style="list-style-type: none"> <li>Access to check-ins, regulation tools part of school culture</li> <li>Feature a "Tool of the Week"</li> <li>Example: "Wellness Wednesdays"</li> </ul>

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### ZONES RESOURCES GEARED TOWARD AGES 11-18+

[www.socialthinking.com/zones-of-regulation/teens](http://www.socialthinking.com/zones-of-regulation/teens)



- The Zone of Regulation Curriculum
- Navigating The Zones Game & Advanced Pack
- Tools to Try Cards for Tweens & Teens

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### FREE ZONES RESOURCES

zonesofregulation.com

**BOOK NOOK**

Zones Book Nook

The **ZONES** of Regulation

Supplementary Visuals

SCHOOLWIDE ZONES OF REGULATION

**Top 10 Do's and Don'ts**

Schoolwide Docs

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### CUSTOMIZED CONSULTING

- Discussion, Q&A session
- Implementation planning, trouble-shooting, etc.
- Web-based via Zoom
- Ongoing Consulting Available

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## Stay in touch with us!

SIGN UP FOR  
OUR NEWSLETTER

FOLLOW US ON  
SOCIAL MEDIA

FOR OFFICIAL TRAINING AND RESOURCES VISIT:  
**ZonesOfRegulation.com**

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**Q** **A**

**QUESTIONS:  
WHAT DO YOU WONDER?**

*Please put questions in the Q&A for best visibility.*



SCAN FOR OUR SURVEY

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