

THE ZONES OF REGULATION®

Getting Started with The Zones at School

The Zones of Regulation is the original framework and curriculum (Kuypers, 2011) that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness.

This curriculum provides us an easy way to think and talk about how we feel on the inside and sort these feelings into **four colored Zones, all of which are expected in life.**

Once we understand our feelings and zones, we can learn to use tools/strategies to manage our different Zones in order to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.



Blue Zone

Sad - Bored
Tired - Sick



Green Zone

Happy - Focused
Calm - Proud



Yellow Zone

Worried - Frustrated
Silly - Excited



Red Zone

Overjoyed/Elated
Panicked - Angry - Terrified

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"The framework is designed to move learners toward more independent regulation while also honoring and respecting the learner and their unique self." – Leah Kuypers, The Zones of Regulation creator

THE ZONES OF REGULATION FRAMEWORK & CURRICULUM

What it IS

- A proactive, skills based approach
- A simple, common language to understand, talk about and teach regulation
- A consistent, metacognitive pathway to follow for regulation
- A systematic framework with developmental sequence of lessons
- Meant to be adapted for your learners and setting

What it ISN'T

- A behavior approach
- A discipline model, punitive in nature
- A scripted curriculum with different lessons for each age/grade level
- Only about teaching the 4 Zones and feelings associated with them
- A "one size fits all" framework



We work with **thousands** of



EDUCATORS, MENTAL HEALTH PROFESSIONALS, THERAPISTS AND OTHERS

in child-focused fields and are dedicated to helping students of all ages simplify how they think about and manage their feelings.

To date over **270,000** of The Zones of Regulation books have been sold worldwide.

BENEFITS OF USING THE ZONES OF REGULATION IN SCHOOL COMMUNITIES

INCLUSION: The Zones provides a compassionate framework to support positive mental health and social/emotional learning (SEL) for all, while serving as an inclusion strategy for learners with neurodiversities, those who have experienced trauma, and/or have specific goals related to their social, emotional, and behavioral development.

BEST PRACTICES: The Zones integrates best practices around Trauma Informed Care and mental health supports, aligning with the CASEL core competencies. In addition, The Zones incorporates numerous best practices for instruction with learners with neurodiversity.

PROACTIVE/SKILL-BASED: The Zones shifts the overall mindset in school environments from a behavioral lens to a universal skill development lens, fostering a healthy school climate.

COMMON LANGUAGE: The Zones provides a neutral and simple language and a systematic framework, improving communication for students and staff.

EFFECTIVE: Schools report implementing The Zones of Regulation increases both student and staff skills and efficacy in SEL while decreasing the need for punitive measures within a school site.

STEPS TO IMPLEMENTING THE ZONES

Whether you are implementing at a whole-school Tier 1 level, or Tier 2 & 3 intervention level, you will want to follow these steps for success:

STEP 1: PURCHASE THE ZONES OF REGULATION BOOK

The Zones of Regulation (Kuypers, 2011) curriculum book is essential for implementing The Zones framework. We recommend one curriculum book for each person facilitating instruction, with a minimum of one book per instructional team (such as a grade-level team) if you are implementing schoolwide.



By using the Zones of Regulation with students across my building, we have seen a consistent drop in student referrals to the office and for speech/ language services. It has increased their mindfulness and social awareness. We have even seen academic scores increase.



STEP 2: ATTEND A TRAINING

The Zones of Regulation training is invaluable in establishing foundational knowledge of the framework and curriculum in order to implement with fidelity. Learn about our virtual trainings below. Visit our live webinar page for full details.

Basic Training - Half-Day

(3 hour day, 2.75 instructional hours)

Participants can expect to:

- Acquire knowledge of fundamentals and essential components of The Zones framework, including The Zones Pathway to Regulation.
- Develop a solid understanding of the scope and sequence of The Zones lessons used to inform teaching and student engagement.
- Delve into key lessons and tools/strategies to ensure implementation with fidelity.



The presenter was so easy to follow. Her presentation was well organized and gave the foundation for my staff to begin to implement the Zones.



Comprehensive Training - Full Day

(7 hour day, 5.5 instructional hours)

In addition to the Basic Half-Day training content, participants can expect to:

- Engage in hands-on learning with a variety of regulation tools, building a personalized toolbox to directly apply and inform teaching of Zones concepts.
- Explore the competency of regulation and the neurocognitive components involved to support creating a compassionate, inclusive climate for SEL to flourish.
- Review additional examples, student work samples and videos that illustrate strategies for adapting and differentiating The Zones lessons and concepts.

Schoolwide Training (3 hour day, 2.75 instructional hours)

This training is for those that have ALREADY completed the Basic or Comprehensive Training

This training will prepare school or district teams to successfully implement The Zones of Regulation as Tier-1 schoolwide instruction unique to their site. Participants can expect to:

- Examine schoolwide considerations, such as adult mindset, systems, inclusion and equity.
- Generate an implementation plan; including developing buy-in, reviewing data collection and customizing instruction for your site.
- Explore ways to establish common, schoolwide systems in addition to adapting Zones instruction for varying age groups.

STEP 3: DEVELOP A PLAN:

Put together a team of Zones Leaders at your school (these are the 'Champions' that will lead implementation). Once you have your team, develop a plan for implementation. For more information, check out our guidelines for implementing.

STEP 4: CHECK IN WITH US

You may have questions with the process and we are here to help.

The Zones of Regulation Curriculum/Related Product Purchasing: sales@socialthinking.com

The Zones of Regulation Trainings: Molly Schock, Director of Operations and Communications: molly@zonesofregulation.com

Private Consulting and Implementation: Emily Walz, Implementation Specialist & Trainer: consulting@zonesofregulation.com

General: info@zonesofregulation.com



It has helped our staff in understanding the needs of our students. It helps build empathy instead of frustration with our more challenging students. The Zones also create a conversation that is more hopeful and skill based instead of punishment based. I could go on and on....



Financial Start Up Guide

THE ZONES OF REGULATION CURRICULUM

It is imperative to have access to The Zones of Regulation curriculum when implementing this framework.

Recommended Age	Price	Discounts
Age 4+	\$59.99* USD plus tax and shipping <small>*prices are subject to change</small>	10% off Zones products with coupon code when you join a training <small>(cannot be used on bundles)</small>

HOW TO PURCHASE

Think Social Publishing, Inc. (the publishing company) | 408-557-8595 | socialthinking.com

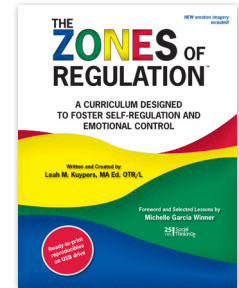
General: info@socialthinking.com | Purchasing: sales@socialthinking.com

Payment Methods: Credit Card, Purchase Order, PayPal

Purchase Order Instructions:

socialthinking.com/LandingPages/school-purchase-orders-quotes

See table on the next page for Zones supplement materials/products available for purchase. Product prices may change without notice. Please visit socialthinking.com for current prices.



ISBN: 9780982523162

TRAININGS AND CONSULTING

Basic Training - 3 hours

Comprehensive Training - 7 hours

Stepping Into Schoolwide - 3 hours

Must first complete Basic or Comprehensive Training

REGISTER AT:

zonesofregulation.com/live-webinars

HOW TO PURCHASE

Kuypers Consulting, Inc.

312-952-4361 | zonesofregulation.com

info@zonesofregulation.com

Payment Methods: Credit Card, Purchase Order, PayPal, Wire Transfer

Purchase Order Instructions:

zonesofregulation.com/purchase-order-instructions.html

CONSULTING

Have implementation questions? Check out our customized consultations to fit your organization's needs.

Hourly Rates:

\$300/hour | \$150/half hour

3-Meeting Package: \$850 (3 one hour sessions)

4-Meeting Package: \$1100 (4 one hour sessions)

zonesofregulation.com/consultations
consulting@zonesofregulation.com

TRAINING RATES

All rates are in USD

	Basic Training	Comprehensive Training	Stepping Into Schoolwide
2-12	\$110 per person	\$220 per person	\$110 per person
13-20	\$1400	\$2800	\$1400
21-30	\$1700	\$3400	\$1700
31-40	\$2000	\$4000	\$2000
41-50	\$2300	\$4600	\$2300
51-60	\$2600	\$5200	\$2600
61-70	\$2900	\$5800	\$2900
71-80	\$3200	\$6400	\$3200
81-90	\$3500	\$7000	\$3500
91-100	\$3800	\$7600	\$3800
101-120	\$4400	\$8800	\$4400
121-140	\$5000	\$10,000	\$5000
141-160	\$5600	\$11,200	\$5600
161-180	\$6200	\$12,400	\$6200
181-200	\$6800	\$13,600	\$6800
201+	\$600 per every 20 additional attendees	\$1200 per every 20 additional attendees	\$600 per every 20 additional attendees



ZonesOfRegulation.com

SUPPLEMENTAL ZONES OF REGULATION RESOURCES/MATERIALS

Purchased through Think Social Publishing, Inc. (the publishing company) at socialthinking.com.
To be used along side of The Zones curriculum

TOOLS TO TRY CARD DECK FOR KIDS



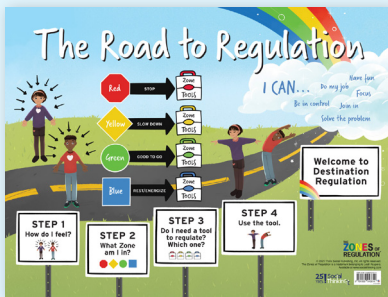
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TOOLS TO TRY CARD DECK FOR TEENS/TWEENS



AGES
11+

THE ROAD TO REGULATION POSTER



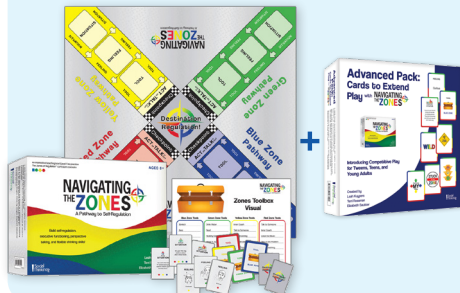
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THE ZONES OF REGULATION STORYBOOKS



AGES
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NAVIGATING THE ZONES BOARD GAME AND ADVANCED PACK



AGES
8+

ZONES OF REGULATION POSTERS



AGES
8+

THE ZONES OF REGULATION APPS

Purchase on your App Device - Google Play, Amazon, Apple

THE ZONES OF REGULATION APP



AGES
4+

EXPLORING EMOTIONS APP

