

ADAPTING THE ZONES

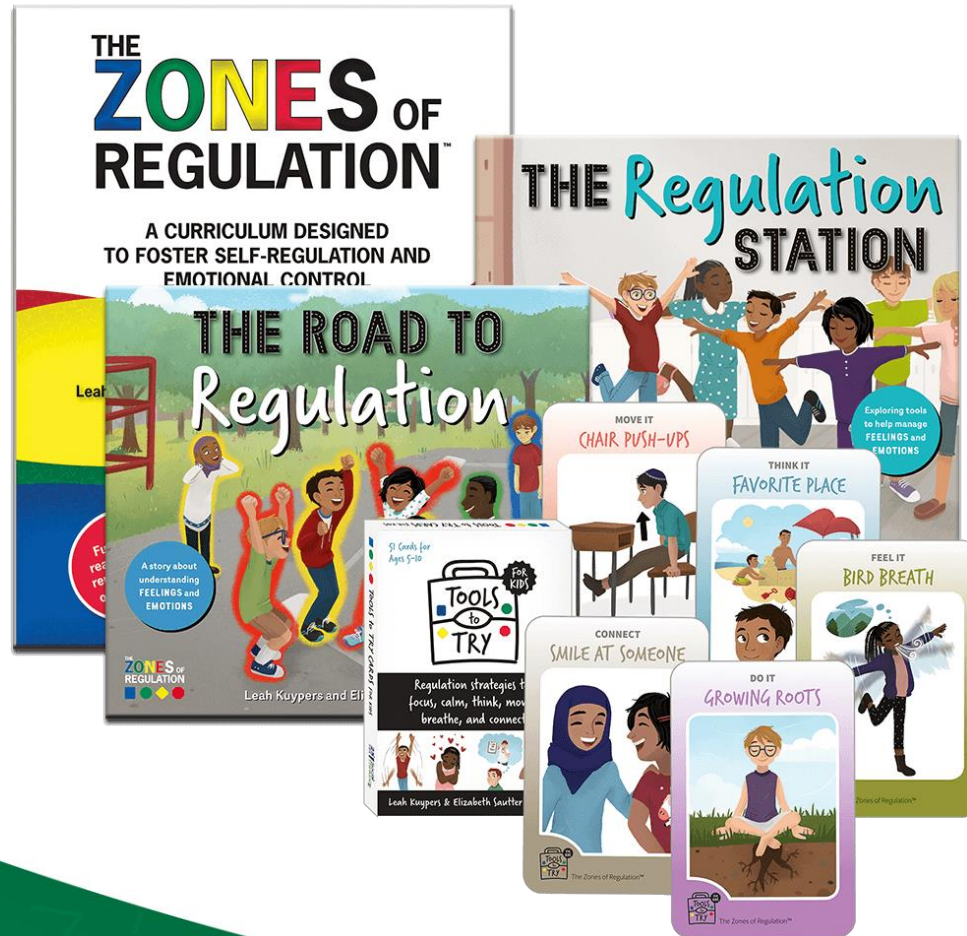
# EARLY CHILDHOOD (AGES 4-6)



THE  
**ZONES** OF  
REGULATION®

# Zones Resources geared toward ages 4-11

Link: [www.socialthinking.com/zones-of-regulation/primary-school](http://www.socialthinking.com/zones-of-regulation/primary-school)



- The Zone of Regulation Curriculum
- The Zones of Regulation Storybook Set
- Tools to Try for Kids Card Deck

# General Recommendations for Adapting The Zones of Regulation for Early Childhood (ages 4-6)

- Pair down emotions to 2 or 3 feelings per Zone, adding on slowly if students show they are understanding and ready to move on.
- Teach one Zone at a time, slow and steady.
- Spend time on identifying facial expressions and body language associated with each Zone.
- Reinforce, reinforce, reinforce. Use books, songs, videos to reinforce Zones concepts over time.
- Take pictures of students, teachers, family members in their Zones to make this learning accessible and relevant. You may even want to incorporate favorite cartoon characters.
- Model The Zones by checking in with your own Zone frequently, and modeling regulation strategies.
- Co-regulation: Cue students to use regulation tools and assist them in their use.

# Adaptation Recommendations Cont'd

- You may want to use terms such as “friendly” and “unfriendly” rather than “expected/unexpected” to explain why we need to use tools and strategies in our Zones.
- Use comfort objects such as hugging stuffed animals and talking to a teacher as tools.
- Connect with care-givers to understand The Zones and even use them at home- making sure to reinforce that ALL the Zones are OK.
- Move at your child’s or students’ pace, only moving on with lessons/concepts when they show that they are ready.



# Adapted Classroom Visuals- Pair Down Emotions

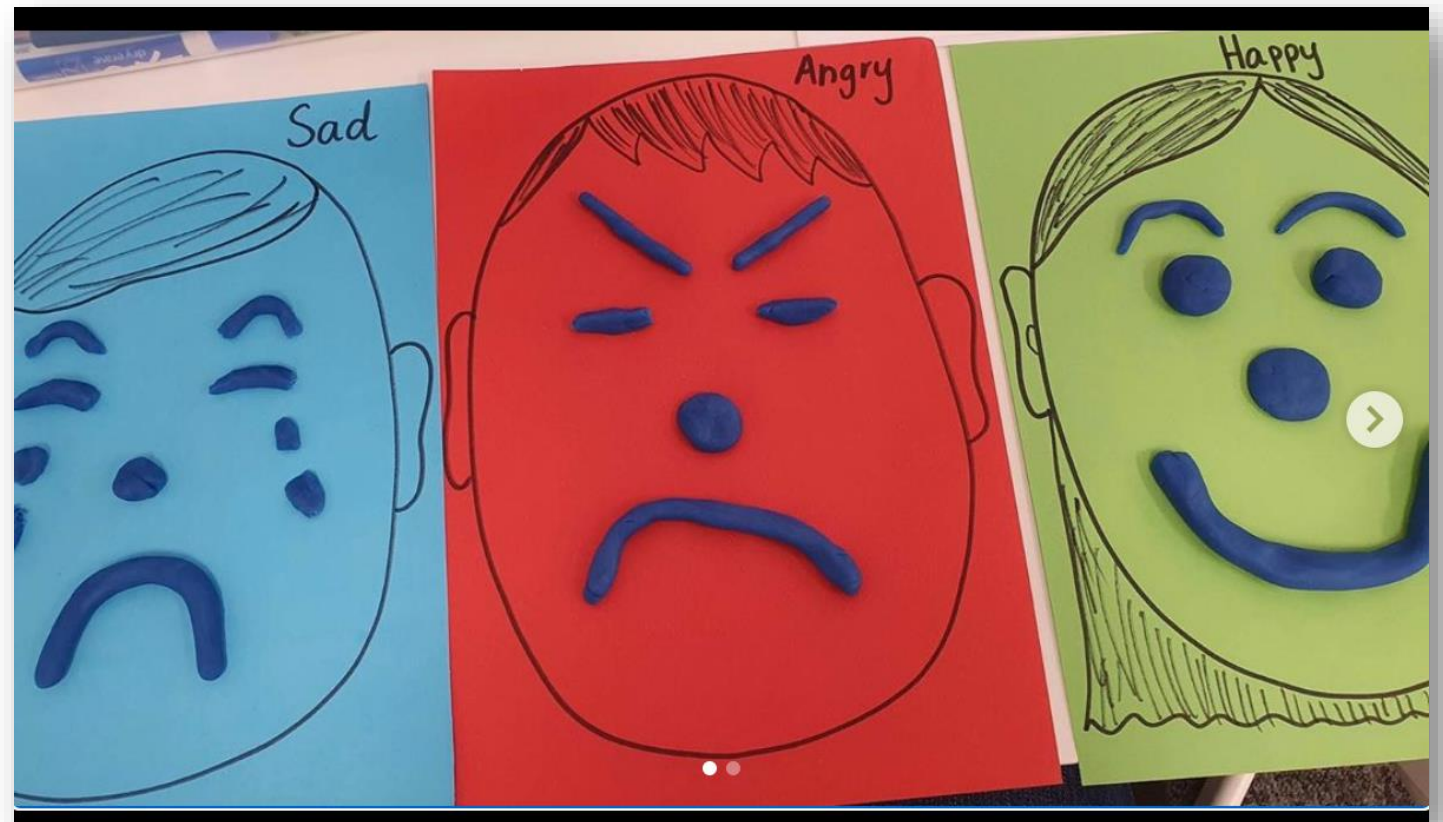


Instagram @sophes\_cp\_classroom

# Reinforcement Activities for Identifying Facial Expressions



<https://www.celebrategoodtimes.com>



Instagram: @equipkidsot

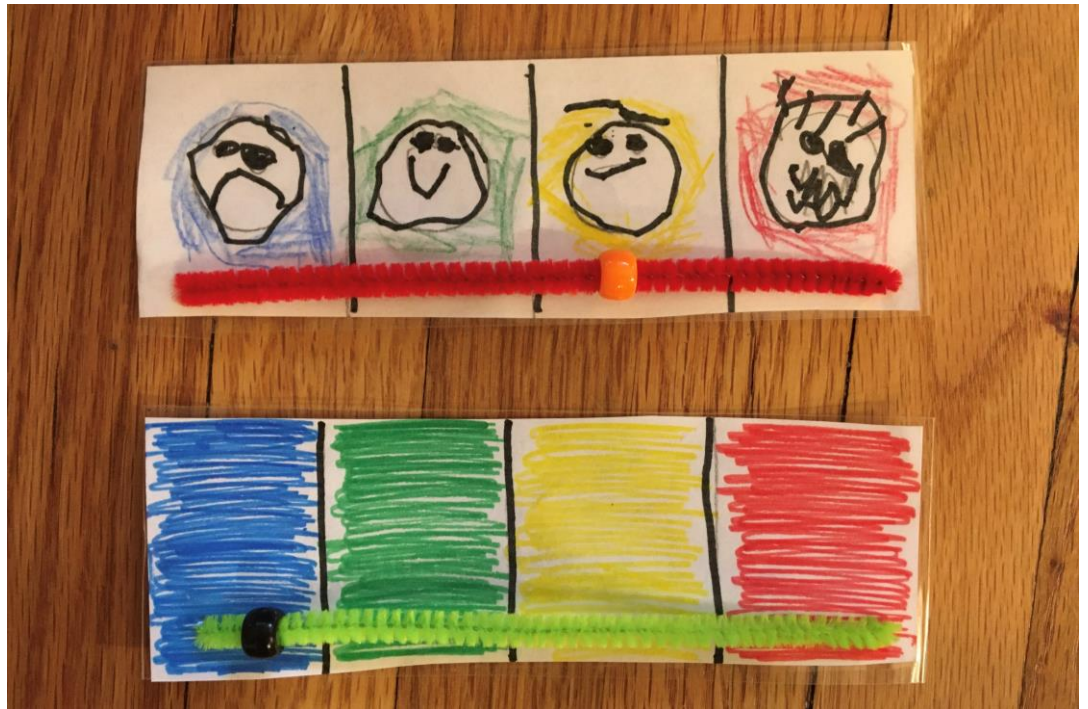
# Classroom Zones Check-Ins



Mel Taylor @MYISMagic



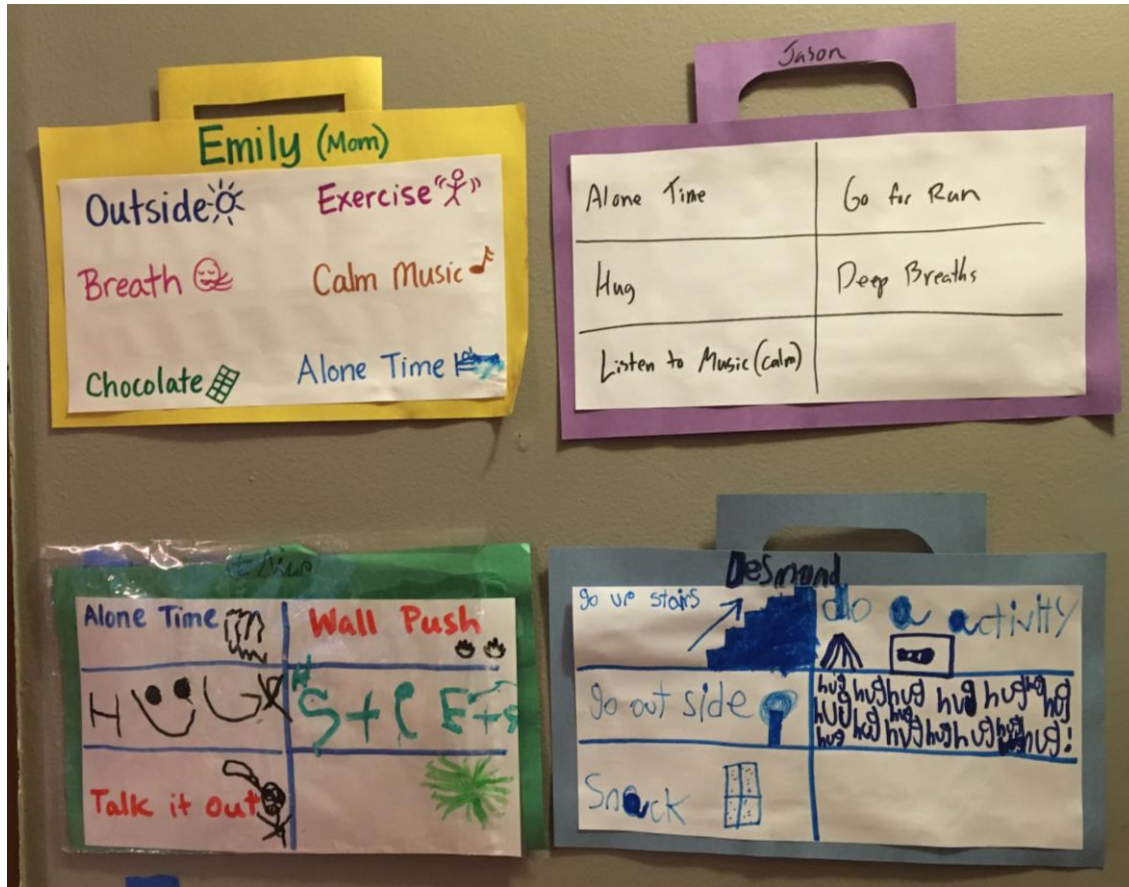
Sandy Ridge Elementary, Durham Public Schools



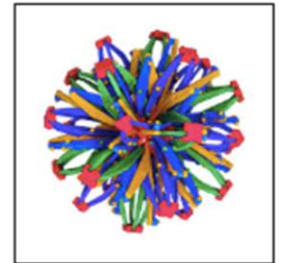
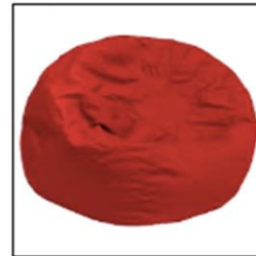
Carin Stroncsek, Brookwood Elementary Hillsboro, OR



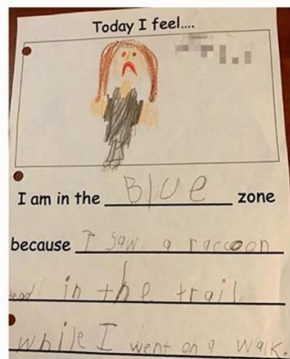
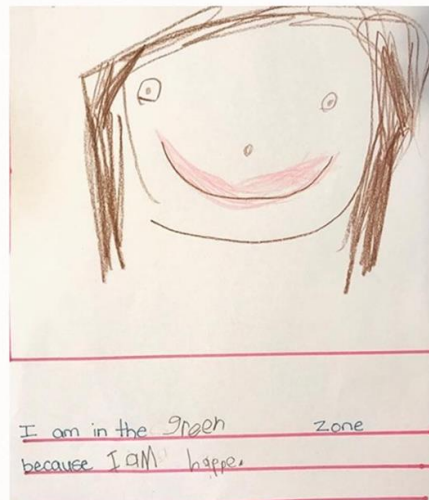
# Individualize Toolboxes



## X's CALMING TOOLS



# Incorporate into Academics

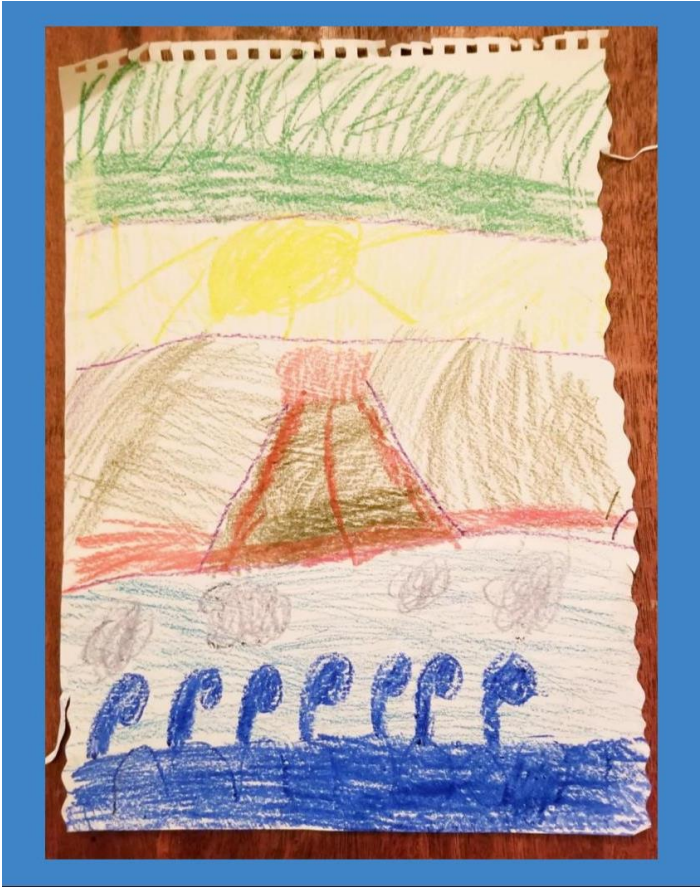


Melissa Ramsarran



Twitter @mellytaylor

# Use Art to Reinforce The Zones



Mason Crest Elementary, VA

# Using Children's Literature


- Match characters with their Zone
- Make connections:
  - “Tell me about a time you felt ...”
  - “Show me how ... looks on you.”
  - “What Zone does that emotion go in?”

- Discuss Tools/Strategies

- FREE Zones Book Nook:

<https://www.zonesofregulation.com/zones-book-nook.html>









THE ZONES OF REGULATION  
**BOOK NOOK**




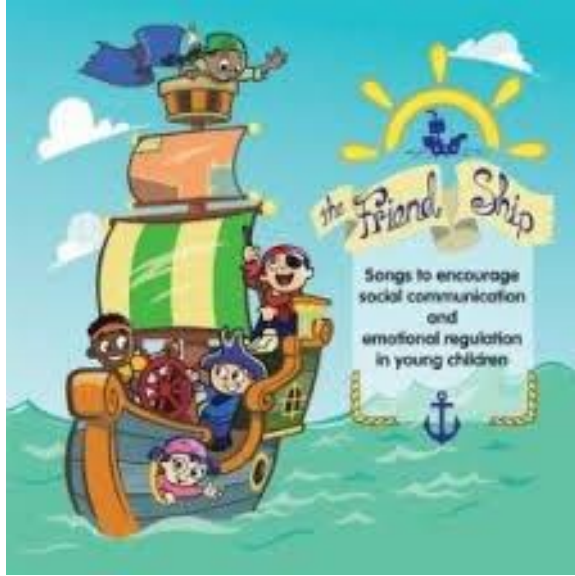
Hi Zones Community! One of our most common questions is children's book recommendations to introduce/reinforce concepts from *The Zones of Regulation* (Kuypers, 2011). Here is a list of books recommended by both our staff and our many friends on social media. Disclaimer: We have not read each and every book on this list, so please read for yourself before reading with your students. Some books have a Zones color next to them if they work well with a specific Zone. Most work with a wide range of Zones and concepts from the curriculum. (Most recent update: 3/18/21)

\*If you are PRINTING this list, you may want to download as a PDF first for better margins.

Have a recommendation? Fill out our survey, and we'll add it to the list: [Zones Book Survey](#)

	Title, Author	Cover	Recommended by- description
1	"Chrysanthemum" by Kevin Henkes  		Sarah Burke (Kindergarten inclusion teacher from Boston, MA) <i>"I use this book (and many other books by Kevin Henkes) when I'm teaching about the blue zone. The main character is teased by her classmates about her name which makes her feel sad. Her parents help her to feel better and get into the green zone."</i>
2	"What Should Danny Do" by Ganit and Adir Levy  		Adina (School social worker from Michigan) <i>"I have my students tell which zone each character is in, at different parts of the book. I also ask them to notice how the choices the characters make throughout the book (positive or negative), impacts which zone they move to."</i> Susan Bertke (Kindergarten teacher from Ft. Recovery, OH) <i>"I use it to teach students about how the choices they make can affect the way their day goes. The book has 9 different endings, depending on the choices the students make for Danny's actions."</i>
3	"Fergal is Fuming" by Robert Starling  		Nerida Kiprotich (teacher from Hong Kong) <i>"We use it to work on strategies to get back to the green zone."</i>
4	"Clark the Shark" by Bruce Hale and Guy Francis  		Leah Kuypers (creator of The Zones of Regulation from Minneapolis, MN) <i>"This book is great for the Yellow Zone, shows silly/impulsive behavior. The main character models using the tool of self-talk-rhyming- to help him manage his Zone."</i>


Adapted from *The Zones of Regulation* (L.M. Kuypers, 2011) [www.zonesofregulation.com](http://www.zonesofregulation.com)



### “What Zone Are You In?”

*The Friendship Ship* by Erica Bland

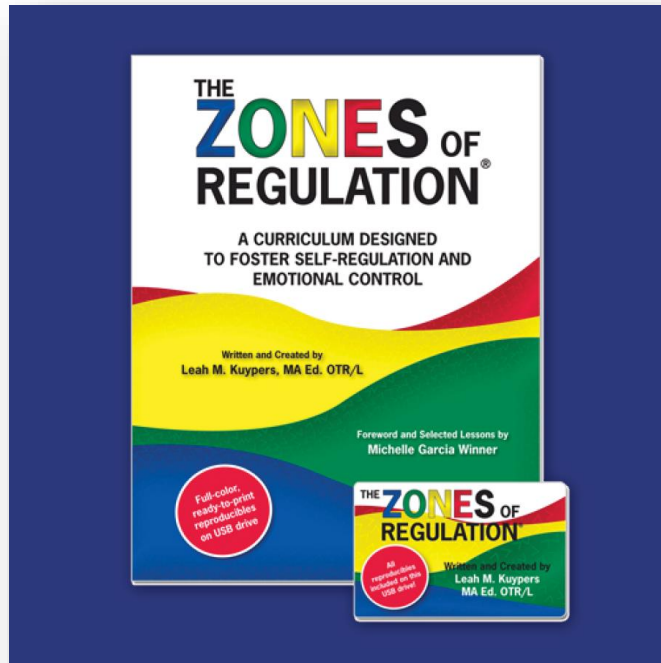
Songs to encourage social communication and emotional regulation in young children

Available on Amazon, iTunes &  
<http://thefriendshipforkids.com/>

## Additional Activities:

- Animal Walks in Each Zone *ex: slow like a sloth in the Blue Zone*
- Dance Party in each Zone- How does your body move?
- Tools to Try Cards
- Sorting Zones Faces
- Fine motor: Sorting Zones Colored Pompoms or objects with tweezers
- Gym: 4 corners *ex: run to the Zone you are in when you're feeling happy*
- “What Zone Are You In” Song (left)

# Ready to dive into The Zones of Regulation?



1. PURCHASE THE BOOK



2. SCHEDULE TRAINING



3. MAKE A PLAN