

From our March, 2015 Newsletter

## FINDING YOUR JUST RIGHT ZONE

# THE ZONES OF REGULATION®

### WHY IS THIS SO IMPORTANT FOR OUR PARENTS AND CHILDREN?

The Zones of Regulation curriculum provides strategies to help students become more aware of and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts. It is a wonderful foundation for discussion with families and children. We find knowing the Zones curriculum helps children seek appropriate strategies when confronting a difficult emotion or dis-regulated state. Having the knowledge also helps children recognize those "off center" emotions before they become disruptive or destructive to learning and routines of the day.

The Zones was developed by Leah Kupyers, therapist and teacher. Many Pediatric Potentials therapists attended a recent workshop Leah led on "The Zones of Regulation". When we implement this program as part of therapy sessions, it helps children identify their emotional state and try various strategies to help them "stay in the optimum zone."



We love the non-judgmental words and "ah-ha moments" for the parents when discovering simple things that are contributing to stress and dis-regulation. When we

categorize behaviors in simple Zones words, it is easier for all to identify and label what behaviors are being observed and to help the children find simple solutions to reorganize.

**AVAILABLE MATERIALS:** The Zones of Regulation has a website (<http://www.zonesofregulation.com/>) and a Facebook page. The Zones App is a great way to familiarize yourself, along with your child, with the various qualities of each Zone. The App (recently awarded a Mom's Choice Award) uses non-judgmental language to describe behaviors, strategies to get to a more comfortable state, and fun ways to find solutions.

Some of the language may be a little sophisticated for the younger child, so a parent would need to find the words that their own child would understand in order to fully participate and engage in the App's game.

### Fun and Functional Zones Activity

(This activity assumes you have already laid the groundwork and are looking for new ways to reinforce the Zones with your kids).

Zones Twister is a fun way to use the Twister game mat and spinner to reinforce the different color "zones". When you have to put a hand on a color, you have to tell a time you were in that color zone. When it's a foot, you have to name a strategy you would use at school to stay in or get back into the green zone.



