

## Pediatric Potentials Gets In The Zone



Many of our therapists now utilize "The Zones of Regulation®" in their practice. "The Zones" curriculum is comprised of lessons and activities designed by Leah Kuypers, M. A. Ed., OTR/L, and helps students gain skills in the area of self-regulation. We're using these colorful and user-friendly lessons and learning activities to help our students recognize when they are in the different "Zones" - states of alertness/moods. We can then help them personalize strategies - including sensory supports, calming techniques, and thinking strategies - to self-regulate and achieve an optimal state to match a situation.

In addition to addressing self-regulation, students and families using "the Zones" have an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behavior, insight on events that trigger their behavior, calming and alerting strategies, and greater problem solving skills.

At Pediatric Potentials, we use posters and other visuals to help children identify their environmental and emotional triggers and find ways to self-regulate during our sessions. For example, if a child enters a session lethargic (the Blue Zone), we discuss that they seem tired, and talk about what will make them feel less tired. It may be some water, a tart or crunchy snack, or jumping on the trampoline. We then remind them that if they need to get out of the Blue Zone and into Green Zone - alert and ready to learn - they need to do one of these things to wake themselves up. It is OK to be in the Yellow Zone- silly, excited- when on the playground, but if it turns aggressive, angry (entering the Red Zone) - that is when the child and supporting adults need to implement tools to shift it back.

No zone is a "bad" zone. Children are made more aware of their states of regulation and encouraged to choose strategies when the Zone they are in does not match the setting that they are in. (continued.....)

The Zones curriculum can be readily incorporated into home, school and therapy environments. It is easily learned, and is accessible to children as young as 3 and as old as 100. The strong visual supports that the book, poster (both of which are available in our [Amazon Store](#)) and [APP](#) provide another plus of the program. All or part of the program can be adapted and used for individual use.

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