Zones of Regulation Lesson Plan

**Presenters:** Tiffany Schuette (School Counselor) & Kelly Davies (Occupational Therapist)

**Lesson**: #2 – This lesson is a follow-up from the introductory Zones lesson.

**Unit:** Understanding Myself & Emotional Regulation

**Title:** Zones of Regulation

**Grade Level:** 5 Year-Old Kindergarten

**Time:** 30 Minutes

**Materials:**

* *Zones of Regulation –* Teacher Survey (Copied in Yellow)
* *The Zones of Regulation (Reproducible E)* – Visual on board
* *Zones Check-In and Icons (Reproducible Q)*
* *Zones Emotion cards (reproducible C)*
* *Zones Tools Menu (Reproducible AA)*
* *Tools for each of my Zones –* worksheet *(Reproducible BB)*
* *The Six Sides of Breathing (Reproducible S)*
* *Lazy 8 Breathing (Reproducible T)*
* *Zone color board for emotion squares - (Reproducible H)*
* Computer, document camera, and projector for videos
* Lesson Derived from The Zones of Regulation: A Curriculum Designed to Foster Self-Regulation and Emotional Control. A book by Leah M. Kuypers

**Learning Activities:**

1. Introductions – Mrs. Davies - What she does in her job at school as an occupational therapist. Hand out teacher and student surveys at this time if you are administering the surveys.
2. Introduce topic Zones of Regulation - as a refresher from the first Zones lesson–. Project Reproducible E (the Zones chart). Enlarge so only the faces on the chart are showing and the words on the bottom cannot be seen by the students. Point to the title of the chart and explain that the Zones are the four different colors and that all of the feelings we experience can fit in these four different colors (blue, green, yellow, and red). Point to the word Regulation. Explain that this also means self-regulation and it means helping yourself. So if you are angry (point to the Red Zone), you do something to help yourself feel better and move to Green Zone. “If you are feeling sad you don’t want to feel sad all the time, you want to self-regulate – you want to help yourself feel better and move to Green Zone so you feel happy again.”
3. Continue to use Reproducible E on the projector to explain each Zone with the visual on the board. Encourage kids to look at the facial expressions in each Zone to get them to guess what feelings fit in each color. Keep Reproducible E enlarged and the feelings words in each Zone hidden to help aid in discussion and get their responses. (It is important that students learn to recognize facial expressions.) Ask students to respond and tell about a time when they felt they were in the Blue, Green, Yellow, or Red Zones. Explain to students that there is no such thing as a “bad” Zone because there are times in which we all experience each Zones (even adults do!). Also make it clear that this is different than any behavior modification system they have in their classroom.
4. Place a copy of the Zones Check-In (Reproducible Q) under the document camera. Use some of the Zones Emotion cards (reproducible C) and Zones Icons (Reproducible Q) to use with the Zones Check-In Sheet. Choose a few cards to place emotion under the document camera. Have students take turns sharing what Zone they think it fits in. Use the Zones Icons to identify which color Zone a student would be in when experiencing that feeling.
5. Ask the students the following questions: What do you use a toolbox for? What do you use the tools for? Why is it necessary to have a variety of tools in a toolbox?
6. “Today you’re going to choose some tools or strategies that can help you when you’re in a certain zone. Some of the tools you add will help you wake up or get out of the blue zone, while others will calm you down from the red or yellow zone. Other tools will help you keep feeling just right, so they will be your green zone tools. Why do you think we want a toolbox full of strategies?”
7. Introduce the zones tools menu pictures “reproducible AA.” Go through each tool with the whole class. (Explain lazy eight breathing and six sides of breathing).
8. Give each student copies of the Zones Tools Menu (reproducible AA) and Tools for Each of My Zones Worksheet (reproducible BB). Have each student choose certain tools they can use for certain zones to complete the worksheet.