

WHAT IS THE ZONES OF REGULATION?

- The *Zones of Regulation* is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities.
- The curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of the four zones represented by a different color.
- In the activities or lessons, students learn how to use strategies or tools to stay in a zone or move from one zone to another.
- Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones.