



Emotional Regulation

Getting it together when they are
coming apart

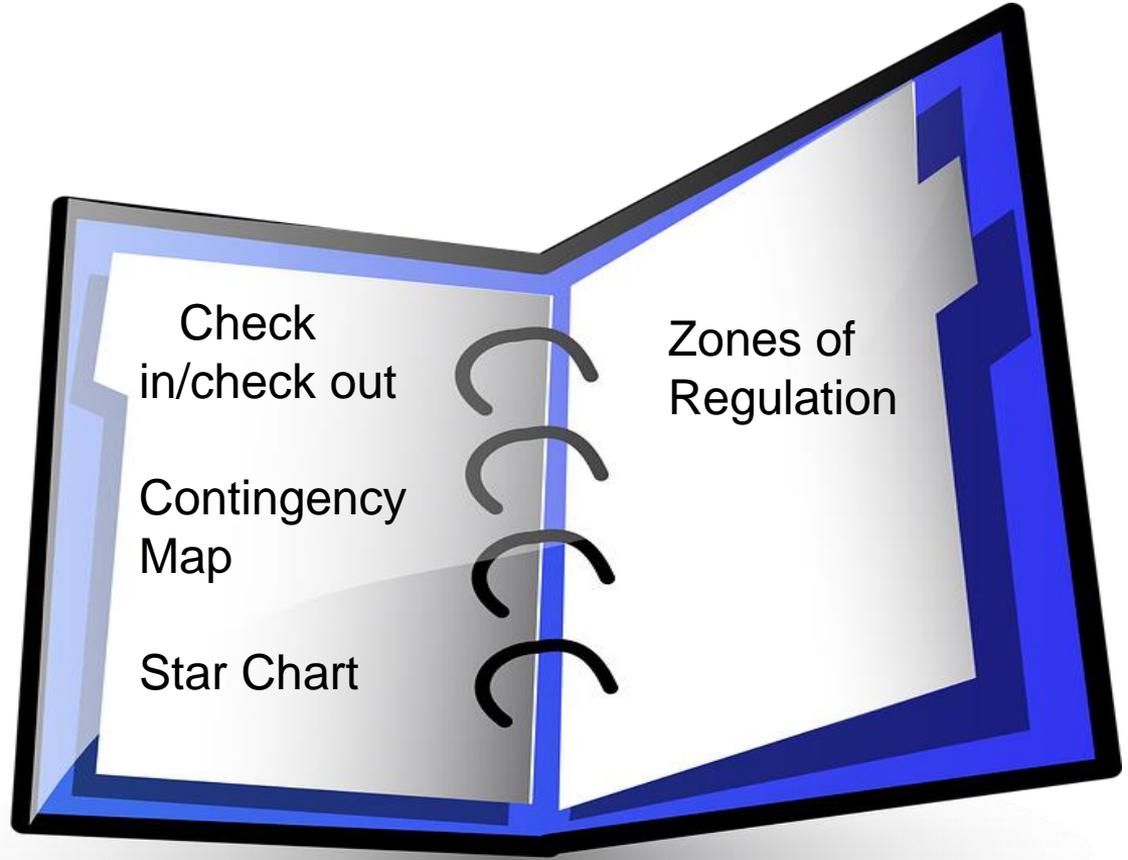


Outcomes

Strategies for healthy coping skills

Practice using coping skills

Practice Positive Behavior Support strategies



Check
in/check out

Contingency
Map

Star Chart

Zones of
Regulation

Check in/Check out

Name _____ Teacher _____

Ec Respectable Be Respectful - Be Safe - Ec a learner

Goal	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00	1:00-2:00	2:00-3:00
Hands and feet to self 							
							
Start Working 							
							
Total							

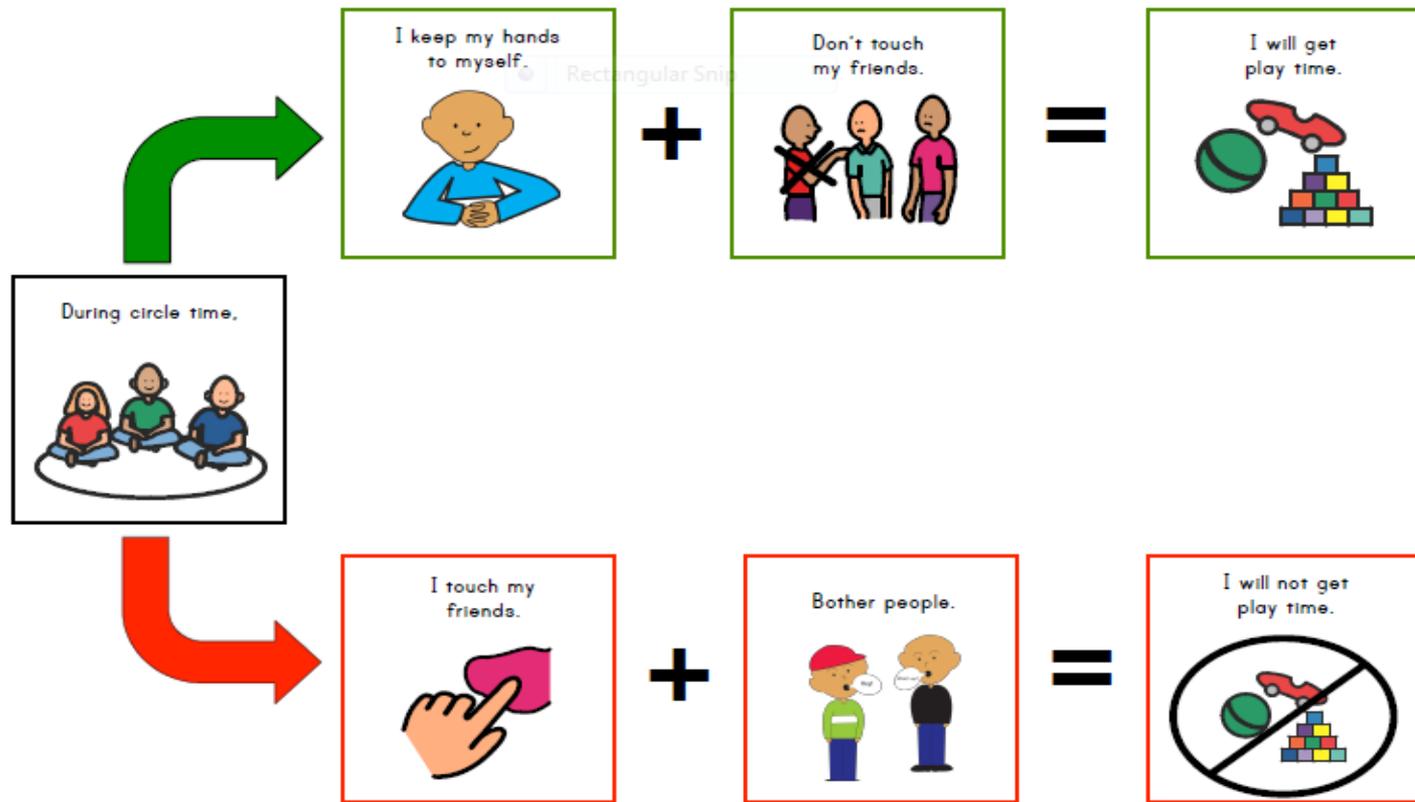
Goal _____

Earned _____

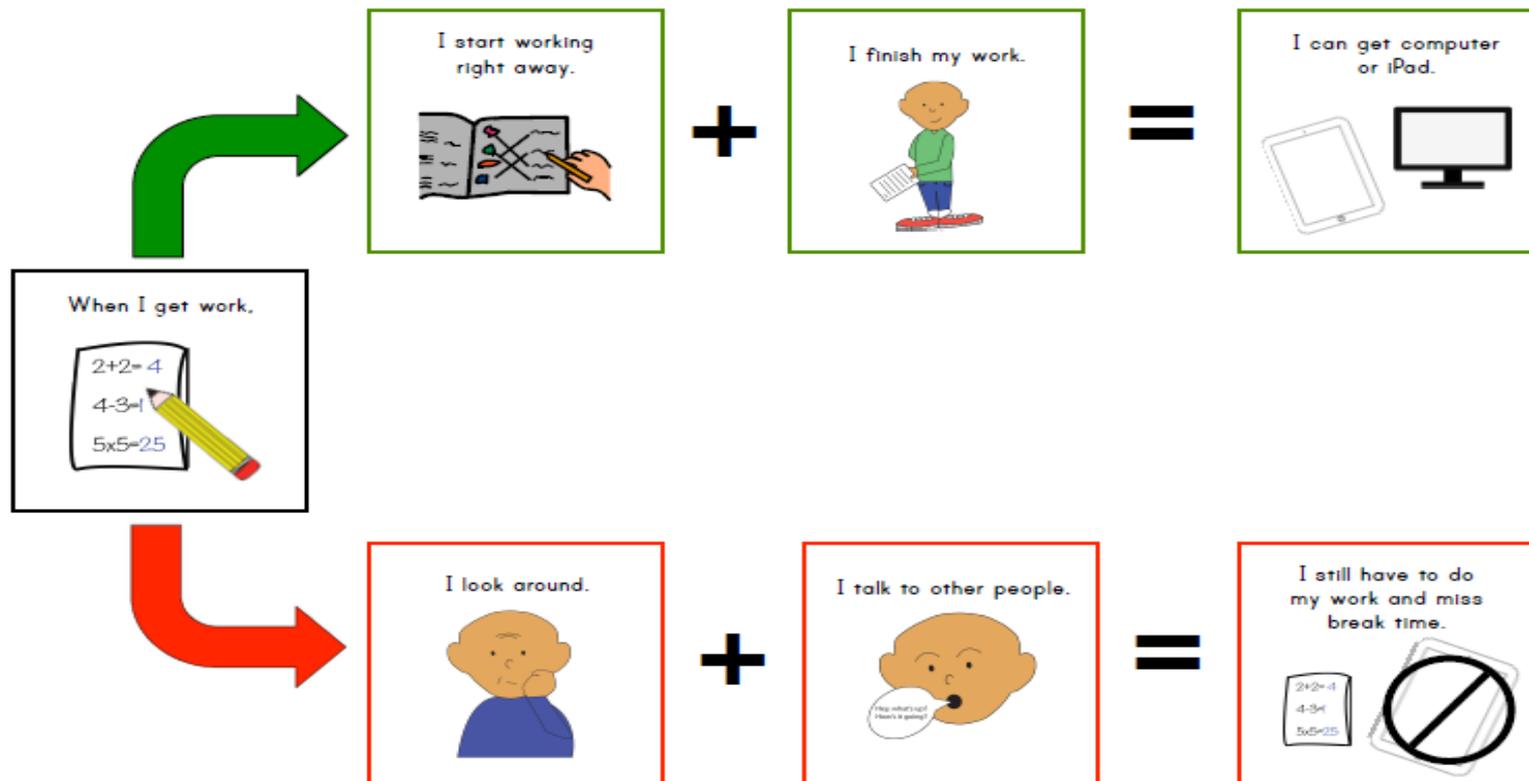
Star Chart



Make a Choice: Hands to Yourself



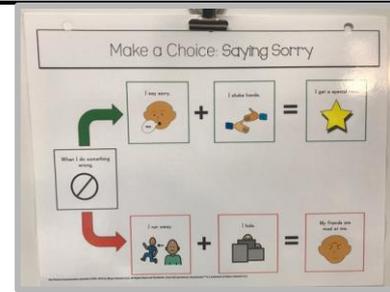
Make a Choice: Start Working



Encouraging Expected Behavior

Contingency Map

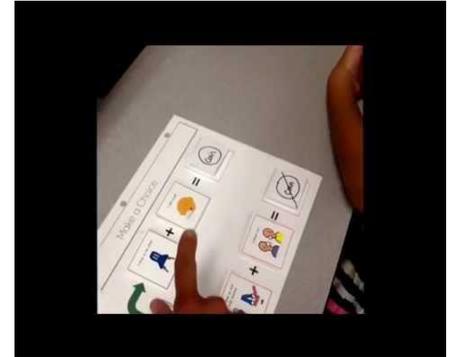
1. Greet student.
2. Review the green path.
3. Review the red path.
4. Encourage student to do their best.
5. Using this visual for nonverbal cues is appropriate as well.



Encouraging Expected Behavior

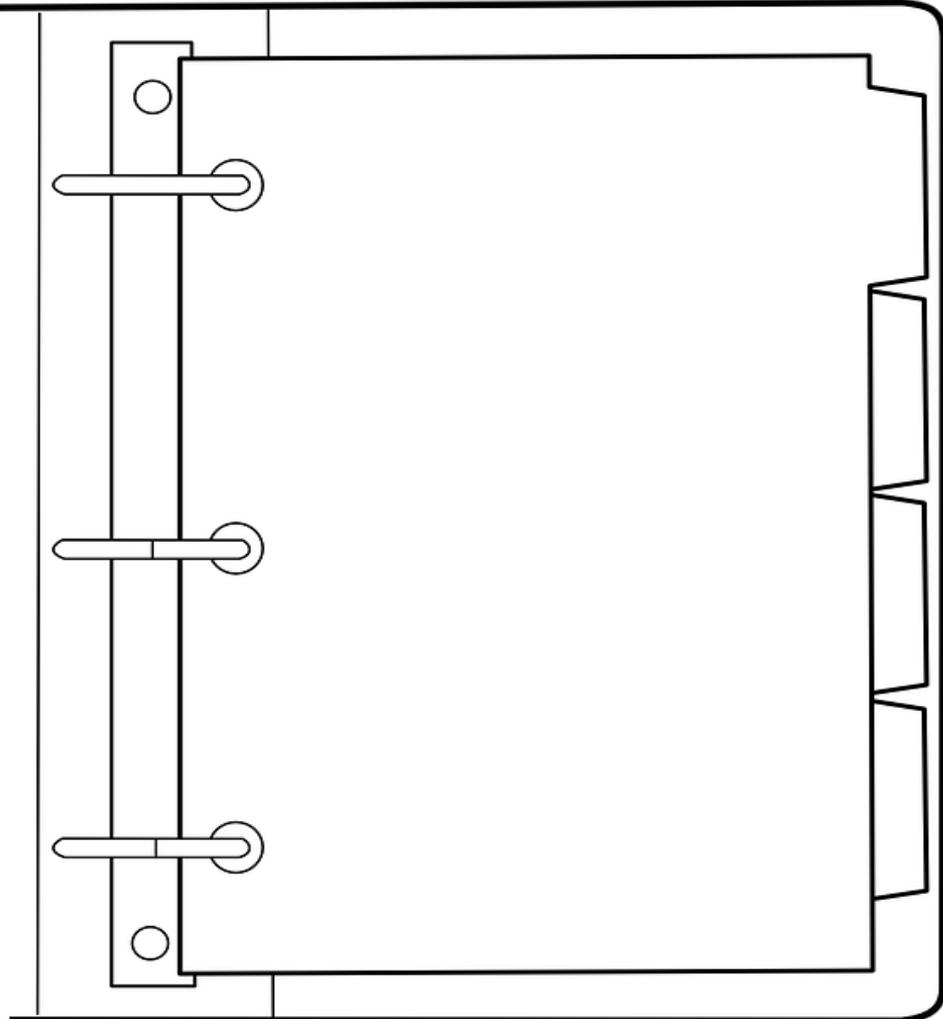
Contingency Map Following Directions

1. Watch video
2. Determine which student can benefit
3. Check out visuals
4. Select behaviors
5. Select motivators

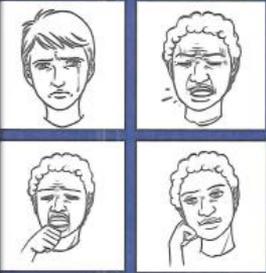
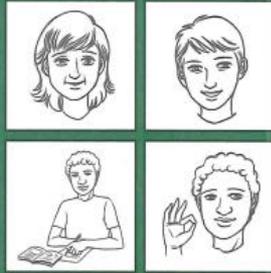
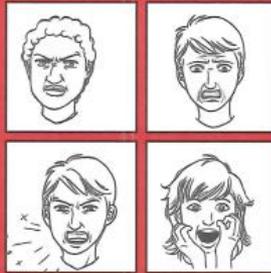


My Zones

Red	Mad or Angry Hands on Yelling Refusing to work Out of control	
Yellow	Frustrated Worried Silly or wiggly Unfocused Loss of some control	
Green	Happy Calm Feeling okay Focused Ready to learn	
Blue	Sad Sick Tired Bored Moving slow	

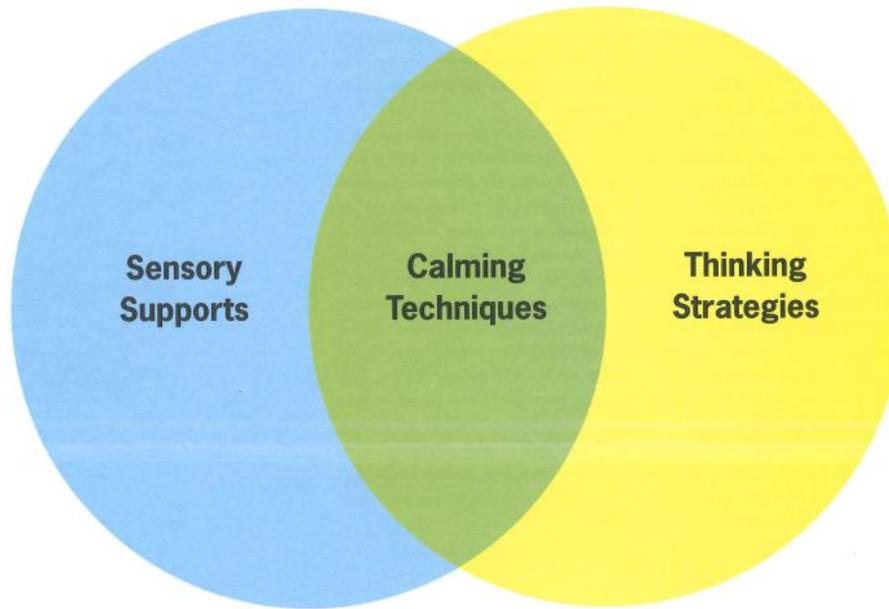


The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

CAUTION! Sometimes things happen to make me feel worried, upset, or frustrated! These things are called "triggers." These put me in the Yellow or Red Zone! Here are some of my triggers:





Tools Taught in This Chapter's Lessons

Sensory Supports

- These will depend on the sensory supports and equipment you have available.

Calming Techniques

- 6 Sides of Breathing
- Lazy 8 Breathing
- Calming Sequence
- Count to Ten
- Learning to Take a Deep Breath

Thinking Strategies

- Big vs. Little Problem
- Inner Coach vs. Inner Critic
- Superflex® vs. Rock Brain Thinking

**When I'm in the Blue Zone,
I can try these Blue Zone tools:**

**When I'm in the Green Zone,
I can try these Green Zone tools:**

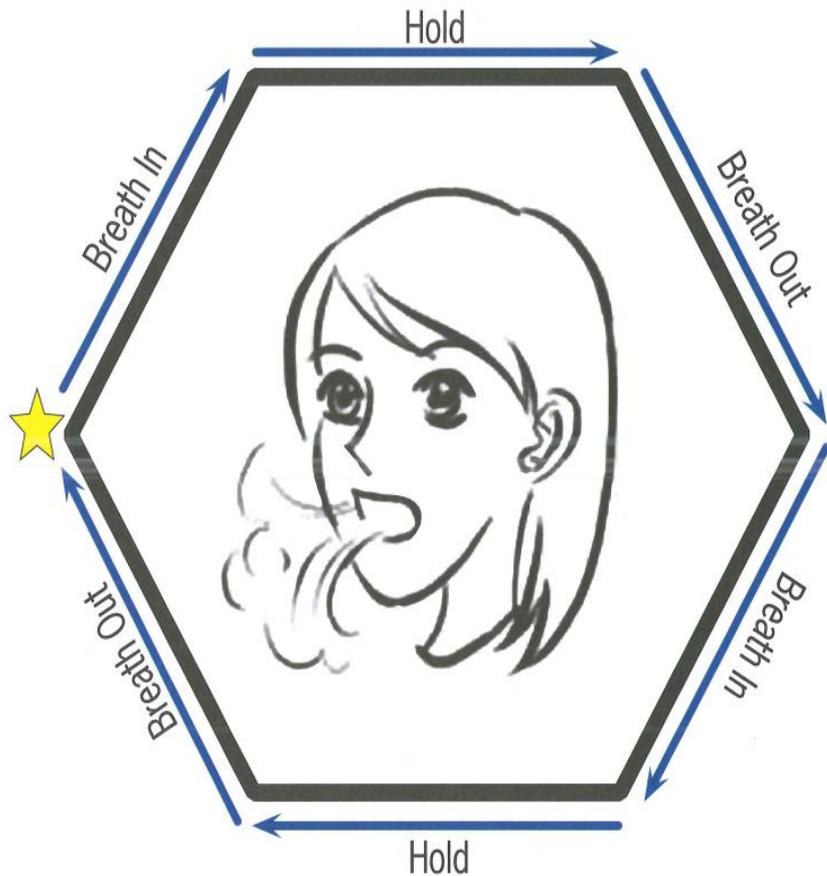
**When I'm in the Yellow Zone,
I can try these Yellow Zone tools:**

**When I'm in the Red Zone,
I can try these Red Zone tools:**

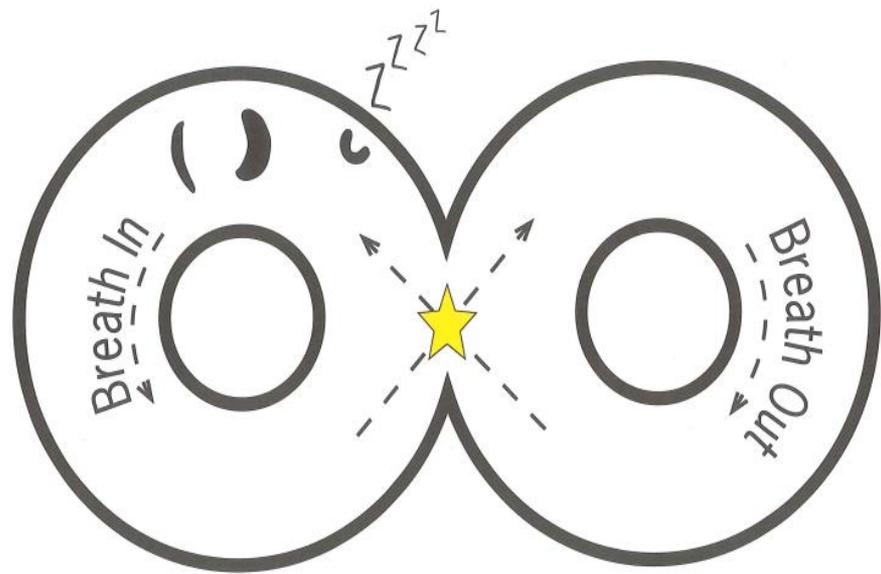
ZONES Tools Worksheet

Name of Tool	Circle the zone or zones you think the tool would help in.				
rice bin	Blue	Green	Yellow	Red	None
putty	Blue	Green	Yellow	Red	None
cushion	Blue	Green	Yellow	Red	None
fidget ball	Blue	Green	Yellow	Red	None
headphones	Blue	Green	Yellow	Red	None
sit on ball	Blue	Green	Yellow	Red	None
weighted vest	Blue	Green	Yellow	Red	None
rub back	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None

The Six Sides of **Breathing**



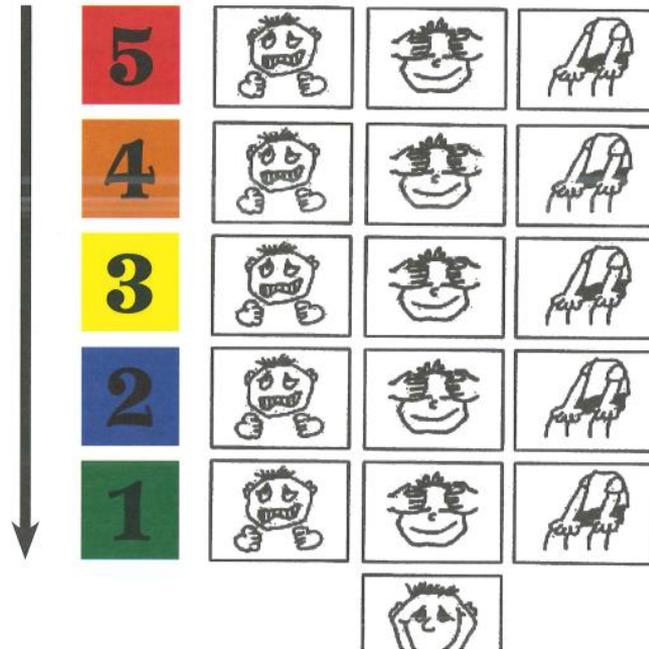
Lazy 8 **Breathing**



My **Calming** Sequence Visual

Activity: Try this calming sequence. Does it feel good and calming? How can you change it so that it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.



_____ 's Toolbox

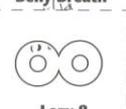
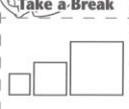
Blue Zone Tools

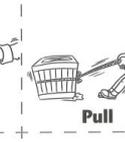
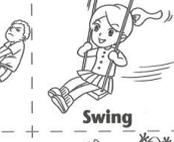
Green Zone Tools

Yellow Zone Tools

Red Zone Tools

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 Listen to Music	 Squishes	 Walk
 Jumping Jacks	 Shoulder Rub	 Belly Breath
 Inner Coach	 Take a Break	 Lazy 8 Breathing
 Fidget Ball	 Size of Problem	 Six Sides of Breathing

 Carry	 Read	 Jump
 Bounce	 Run	 Push
 Tickle	 Pull	 Swing
 Talk to Adult	 Hug	 Animal Walks

ENCOURAGING/DISCOURAGING EXPECTED BEHAVIOR

Contingency Map: emotion

1. Watch video
2. Determine which student can benefit
3. Check out visuals
4. Select behaviors
5. Select motivators

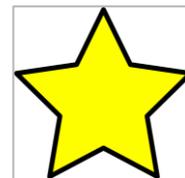
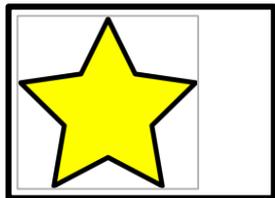
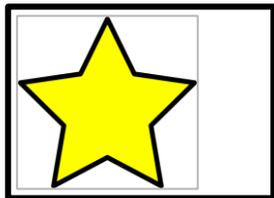


Encouraging/Discouraging Expected Behavior

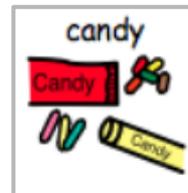
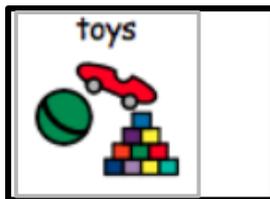
Star Chart

1. Review the reward choice.
2. Give positive, specific feedback.
"You are sitting and sticking."
"You are using your pencil."
3. Add a star.





I am working for:



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Resources

The Zones of
Regulation
By Leah M. Kuypers

Autism Helper
<http://theautismhelper.com/>