Who needs an INTERVENTION?
So many PROGRAMS...
Student to Student

Student to Teacher

Teacher to Student
What are the ZONES?

“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 **ZONES** of Regulation®

<table>
<thead>
<tr>
<th>BLUE ZONE</th>
<th>GREEN ZONE</th>
<th>YELLOW ZONE</th>
<th>RED ZONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sad</td>
<td>Happy</td>
<td>Frustrated</td>
<td>Mad/Angry</td>
</tr>
<tr>
<td>Sick</td>
<td>Calm</td>
<td>Worried</td>
<td>Mean</td>
</tr>
<tr>
<td>Tired</td>
<td>Feeling Okay</td>
<td>Silly/Wiggly</td>
<td>Terrified</td>
</tr>
<tr>
<td>Bored</td>
<td>Focused</td>
<td>Excited</td>
<td>Yelling/Hitting</td>
</tr>
<tr>
<td>Moving Slowly</td>
<td>Ready to Learn</td>
<td>Loss of Some Control</td>
<td>Out of Control</td>
</tr>
</tbody>
</table>
WHOA

SLOW

GO

I DON'T KNOW
Who needs the ZONES?

- **Sensory Processing**
  - *students who struggle with input via their 5 senses*

- **Executive Functioning**
  - *students who struggle with controlling thoughts & actions*

- **Emotional Regulation**
  - *students who struggle with recognizing & regulating their emotions*
When do I use the ZONES?

Tier 1

- Mood meters
- Music
- Sentence frames
- Second Step lessons
CLASSROOM MOOD METERS
DIGITAL MOOD METERS

Bouncyballs.org

MOOD METER APP
BUILD EMOTIONAL INTELLIGENCE THAT LASTS A LIFETIME

Build greater self-awareness to make more informed decisions
Increase your emotion vocabulary to communicate more accurately
Learn effective emotion regulation strategies to manage stress
Track your emotions over time to notice patterns at home and work

Developed by Researchers at the Yale Center for Emotional Intelligence www.ei.yale.edu
Learn more about the App www.moodmeterapp.com
VERBAL MOOD METERS

SHAKE HANDS
From now on I will...

LEAVE IN PEACE
Thank you

PEACE PATH
I need...

YELLOW FEET
What can I do to make it right?

GO FIRST
I will...

I know...

YOU FEEL...
I feel...

I know that you feel...

I will...

When...

When...

When...

When...

Thank you

I need...

What can I do to make it right?
VERBAL MOOD METERS (cont.)

SAMA Script

I see you are (action) and (action).
Are you (emotion)?
I see you are (emotion).
What are you (emotion) about?
So you are (emotion) about (reason), is that right?
What do you want?
What have you tried?
How well did that work out for you?
What are you willing to do?
Will you let me know how that works out?

Let’s Work It Out!

I didn’t like it when you ___
It made me feel _________.
Next time please _______.

I’m sorry I ____________.
I’m sorry I made you feel _________.

Quick hug or handshake.
SECOND STEP LESSONS

Problem-Solving Steps

- Say the problem without blame
- Think of solutions safe and respectful
- Explore consequences what could happen if...
- Pick the best solution make your plan

How to Calm Down

- Stop—use your signal
- Name your feeling
- Calm down: breathe count use positive self-talk
- I can do it!
**CHECK-IN**

<table>
<thead>
<tr>
<th>Zone</th>
<th>Feeling Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>I am Feeling: Happy, focused, ready to learn and calm.</td>
</tr>
<tr>
<td>Blue</td>
<td>I am Feeling: Sad, tired, bored, nervous or sick.</td>
</tr>
<tr>
<td>Yellow</td>
<td>I am Feeling: Frustrated, silly, a little out of control, worried or excited.</td>
</tr>
<tr>
<td>Red</td>
<td>I am Feeling: Angry, upset, out of control, wanting to yell or hit or am refusing to work.</td>
</tr>
</tbody>
</table>

**Green Zone**

- Smiling
- Focused
- Calm body
- Listening body
- Productive work

**Looks like:**

- Quiet listening
- People working
- Working voice levels
- Kind words

**Sounds like:**

- Good
- Ready to learn
- Happy heart
- Full bucket

**Feels like:**
When do I use the ZONES?

Tier 2

- Desk Mood Meters
- Daily Mood Trackers
- Scenario Mini-Lessons
- Visual Mood Check-Ins
- Calming Techniques
DESK MOOD METERS
### Personal Mood Meters

#### Daily Mood Chart

<table>
<thead>
<tr>
<th>Time</th>
<th>Happy</th>
<th>Sad</th>
<th>Mad</th>
<th>Tired</th>
<th>Excited</th>
<th>Anxious</th>
<th>Worried</th>
<th>Other</th>
<th>Notes</th>
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<tbody>
<tr>
<td>6 AM - 8 AM</td>
<td></td>
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<td>2 PM - 4 PM</td>
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VISUAL CHECK-INS
CALMING CORNER

- Calming Cards
- Glitter bottles
- Squishies
- Putty/Clay
- Stuffed Animal
- Spa Music on iPod
When do I use the ZONES?

Tier 3

- Small Group Intervention
  - 15 - 20 minute lessons
  - 2 - 3 times each week
  - Teacher, Counselor, AP, SCSS, LSSP
LESSON 1: Emotions Match-Up

- *Inside Out* Video
- 4 Colors of Emotions
- Hand Motions
- Emotions Sign Sort
LESSON 2: EMOTIONS BINGO

Lie to Me - 2009-2011
LESSON 3:
Green Zone Anchor Chart

Looks Like

Sounds Like

Feels Like
LESSON 4: Expected vs. Unexpected Behaviors

- *Weird Parents*
- Expected vs. Unexpected Interactive Anchor Chart
LESSON 5: How would you feel?

- The Feel Good Book
- Zone Scenario Cards
- Hula Hoops or Floor Dots in Zone Colors (2-3 of each color)
MOODS MINGLE

Walk around, take pictures, ask questions, make your own plan!
3 Students to serve
2 Lessons to plan
1 Tool to use
FEELINGS ARE IN THE AIR?

NOT ANYMORE!