

The Zones of Regulation School Start-Up Guide

We believe that regulation is essential for leading a healthy and meaningful life. At The Zones of Regulation, we empower learners of all ages to understand the full range of their feelings, as well as explore tools and strategies to support their well-being.

For over 10 years, *The Zones of Regulation Curriculum* (Kuypers, 2011) has taught learners how to organize their feelings, states of alertness, and energy into four colored Zones; Blue, Green, Yellow, and Red. As we all become more adept at understanding and regulating our Zones, we are better able to meet goals and task demands, as well as support our overall mental health, both in school and at home. The Zones framework is highly adaptable and can be taught across primary and secondary levels.

At the end of the day, through using The Zones you'll see a community develop where feelings are welcome and an openness to regulation is the norm.

“

Using The Zones resulted in an increase in student and teacher empathy. More positive and healthy relationships between students and teachers developed. It created a common language for all humans who enter our school. A calmer and more mindful environment ensued.

–School Administrator

BLUE ZONE



Sad



Bored



Tired



Sick

GREEN ZONE



Happy



Focused

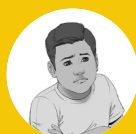


Proud



Calm

YELLOW ZONE



Worried



Frustrated



Silly



Excited

RED ZONE



Overjoyed



Panicked



Angry



Terrified

“

The Zones has helped our staff in understanding the needs of our students. It helps build empathy instead of frustration with our more challenging students. The Zones also creates a conversation that is more hopeful and skill based instead of punishment based. I could go on and on”

–School Social Worker



Benefits of Using The Zones of Regulation

INCLUSION:

The Zones builds positive mental health and social emotional competencies for all, while serving as an inclusion strategy for neurodivergent learners and learners with trauma histories and regulation differences.

EVIDENCE-BASED BEST PRACTICES:

The Zones of Regulation methodology and teaching approach is built upon leading neuroscience and cognitive theories, integrating the following evidence-based practices:

- Positive Mental Health
- Trauma-Informed Care
- Polyvagal Theory
- Neurodivergent Learning
- Cognitive Behavior Therapy
- Universal Design for Learning (UDL)

In addition, The Zones is aligned with the [CASEL core competencies](#).

PROACTIVE/SKILL-BASED:

The Zones shifts the overall mindset in school environments from a behavioral lens to a universal skill development lens, fostering a healthy school climate.

COMMON LANGUAGE:

The Zones provides a neutral and simple language and a systematic framework, improving communication and co-regulation for students, staff, and caregivers.

EFFECTIVE:

Schools report implementing The Zones of Regulation increases both student and staff skills and efficacy in SEL while decreasing the need for punitive measures within a school site. Click here to visit the [Research and Data Collection](#) section of our website.

We work with tens of thousands of

EDUCATORS, MENTAL HEALTH PROFESSIONALS, THERAPISTS, AND CAREGIVERS

in child-focused fields, and are dedicated to helping learners of all ages simplify how they think about and manage their feelings.

To date over **300,000** copies of *The Zones of Regulation* have been sold across all 50 U.S. states and in over 30 countries worldwide.

Building a Schoolwide Zones Climate

Zones schools use the concepts and strategies within *The Zones of Regulation Curriculum* to create a climate where all students can thrive. Integrate the following universal practices to proactively teach and support students in their emotional growth:

- All students taught concepts from *The Zones of Regulation* curriculum
- Zones visual supports displayed throughout the school
- Common Zones language used by all staff across all settings
- Regular opportunities for students and staff to check in with their Zones
- Easy access to regulation tools for all



Getting Started

Whether you are implementing at a whole-school Tier 1 level, or Tier 2 and 3 intervention level, you will want to follow these steps for success:

1 Purchase The Zones of Regulation Book

The Zones of Regulation (Kuypers, 2011) curriculum book is essential for implementing The Zones framework. We recommend one curriculum book for each person facilitating instruction, with a minimum of one book per instructional team (such as a grade-level team) if you are implementing schoolwide.

2 Attend Training

The Zones of Regulation® training opportunities provide foundational knowledge of the curriculum in order to implement with fidelity. Visit our [live webinar](#) page for full details.

BASIC TRAINING – HALF DAY

(3 hour day, 2.75 instructional hours)

Participants can expect to:

- Acquire knowledge of fundamentals and essential components of The Zones curriculum, including The Zones Pathway to Regulation
- Develop a solid understanding of the scope and sequence of The Zones concepts used to inform teaching and student engagement
- Delve into key concepts and regulation tools/strategies to ensure implementation with fidelity

COMPREHENSIVE TRAINING – FULL DAY

(7 hour day, 5.5 instructional hours)

The Basic Training fundamentals, **plus:**

- Understand the nature of regulation, including neurocognitive and external factors that impact it
- Discover how to set the tone and create a climate to support regulation
- Explore regulation tools and strategies in hands-on activities
- See how to adapt and differentiate The Zones concepts for various populations

“

The presenter was so easy to follow. Her presentation was well organized and gave the foundation for my staff to begin to implement The Zones.

SCHOOLWIDE TRAINING

(3 hour day, 2.75 instructional hours)

The Schoolwide Implementation Training will prepare school or district teams to successfully implement The Zones of Regulation as a Tier-1 social emotional learning (SEL) program.

ADOLESCENT ADAPTATIONS TRAINING

(1 hour)

Learn best practices to use and adapt The Zones and deepen regulation competencies for tweens and teens, while also promoting agency and self-advocacy.

*Attend Training Continued***30 DAY RECORDING ACCESS AVAILABLE!**

We offer a 30 day replay/recording with all of our trainings. You can view the recording when it works best for you without needing to join at the scheduled time! All you have to do is register for a training within a few weeks of your preferred date and view/listen to the recording. This means you have 30 days after the training date you registered for to playback the webinar during a time that works for you or rewatch it to extend your knowledge.



By using The Zones of Regulation with students across my building, we have seen a consistent drop in student referrals to the office and for speech/language services. The Zones has increased students mindfulness and social awareness. We have even seen academic scores increase.

–School Principal

3 Develop a Plan

Champion *The Zones of Regulation* at your school by gathering a team of educators to collaborate on a schoolwide plan for social emotional learning. For more information and guidance, check out our [For Your School](#) page.

Questions? Contact Us!

Zones Training, Curriculum and Consultation Inquiries: info@zonesofregulation.com



Purchasing Guide

The Zones of Regulation Curriculum

It is imperative to have access to The Zones of Regulation curriculum when implementing this framework.

How to Purchase

Think Social Publishing, Inc. (the publishing company)

408-557-8595 | socialthinking.com

General: info@socialthinking.com

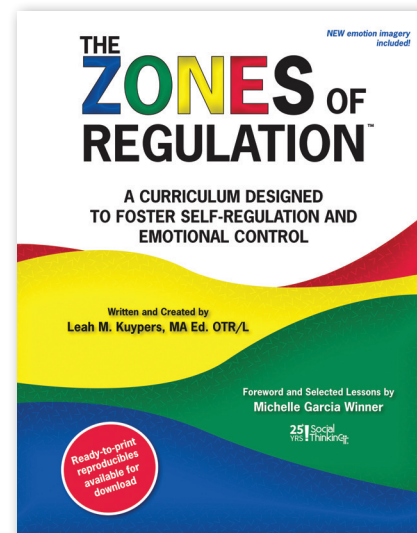
Purchasing: sales@socialthinking.com

Payment Methods: Credit Card, Purchase Order, PayPal

Purchase Order Instructions:

socialthinking.com/LandingPages/school-purchase-orders-quotes

See table on the next page for Zones supplement materials/products available for purchase. Product prices may change without notice. Please visit socialthinking.com for current prices.



ISBN: 9780982523162

Receive a 10% discount on all Zones products when you join a training!

TRAINING AND CONSULTING

The Zones of Regulation, Inc. 312-952-4361 | zonesofregulation.com/contact

TRAINING PRICE PER PERSON*

Basic Training:.....	\$110
Comprehensive Training:.....	\$220
Schoolwide Training:.....	\$110
Adolescent Adaptations:.....	\$45

GROUP DISCOUNT RATES

Participants	Discount
5 - 49.....	10%
50-199.....	20%
200+.....	30%

CONSULTING

Have implementation questions?

Need more guidance?

We offer customized consulting to fit your needs.

Hourly Rates*

\$300/hour

3-Meeting Package: \$850 (3 one-hour sessions)

4-Meeting Package: \$1100 (4 one-hour sessions)

*All prices are in USD and are subject to change. An official price plan can be provided upon request.



Companion Products

These resources are recommended to supplement *The Zones of Regulation Curriculum* for each class or school.

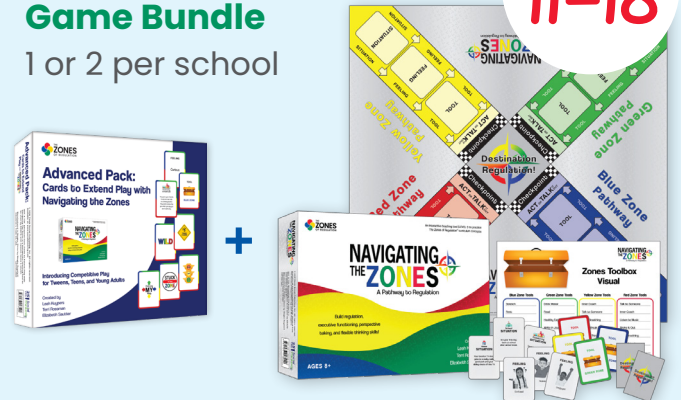
Zones Storybook Set and Tools to Try Cards for Kids Bundle 1 per class

AGES
5-11



Navigating The Zones and Advanced Pack Game Bundle 1 or 2 per school

AGES
11-18



The Zones of Regulation 4-Poster Set 2 or 3 per school

ALL AGES



Tools to Try Cards for Tweens and Teens 1 per class

AGES
11-18



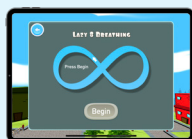
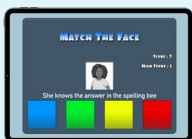
Individual products and bundles available through Social Thinking

408-557-8595 | socialthinking.com/zones-of-regulation | sales@socialthinking.com

THE ZONES OF REGULATION® APPS

Purchase on your App Device - Google Play, Amazon, Apple

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EXPLORING EMOTIONS APP

