

The Zones of Regulation[®] 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 a decade, we have supported learners and leaders to better understand, communicate around, and care for feelings with *The Zones of Regulation* (Kuypers, 2011) and our new *Zones of Regulation Digital Curriculum* (Kuypers, 2024). 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.

Through the use of *The Zones of Regulation* you will cultivate a climate where feelings are welcome and 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

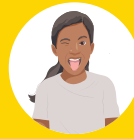
YELLOW ZONE



Worried



Frustrated



Silly



Excited

RED ZONE



Overjoyed



Panicked



Angry



Terrified



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

-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 PRACTICES

The *Zones of Regulation* methodology and teaching approach is built upon decades of foundational neuroscience and cognitive research, integrating evidence-based practices from the following theories and frameworks:

- Positive Mental Health
- Trauma-Informed Care
- Polyvagal Theory
- Neurodivergent Learning
- Cognitive Behavior Therapy (CBT)
- 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 with a systematic framework, improving communication and co-regulation for students, staff, and caregivers.

EVIDENCE OF EFFECTIVENESS

Implementation of *The Zones of Regulation* is associated with significant positive effects on learner outcomes, increases in staff efficacy and understanding of SEL, and decreases in the use of disciplinary measures. 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 nearly **400,000** 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 Digital Curriculum* to create a climate where all learners can thrive. Integrate the following Essential Elements to proactively teach and support learners in their emotional growth:

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

Getting Started

Whether you are implementing at a school, home, clinic, or community setting, you will want to follow these steps for success:

1 Purchase *The Zones of Regulation Digital Curriculum*

A recently enhanced and entirely digital version: [The Zones of Regulation Digital Curriculum](#) will launch for the 2024-25 school year. This new resource includes time-tested concepts from the 1st edition book plus lots of new content reflecting a decade of innovation and research. It is designed to make implementation easier for you and more engaging for your learners.

EACH LESSON CONCEPT CONTAINS

- Ready-to-go Interactive Presentations with digital games and activities, animations, and videos to engage learners.
- A more inclusive, accessible, and neurodiverse-affirming approach using UDL (Universal Design for Learning), along with numerous extension activities geared for instruction at different ages and support levels.
- A Guide with detailed step-by-step teaching points and suggestions for differentiating and extending learning.
- Easy access to downloadable resources:
 - Brand new visual supports and activities
 - Formative assessments
 - School-to-home, team connection resources



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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

LEARNERS WILL EXPLORE THESE CONCEPTS

1. What is Regulation?
2. Introducing The Zones of Regulation
3. All the Zones are Okay
4. My Signals, My Zones
5. The Zones Check-In
6. Situations that Trigger and Spark
7. What is a Regulation Tool?
8. Building My Zones Toolbox
9. Deciding to Regulate
10. The Zones Pathway



2 Attend Training

Our array of *Zones of Regulation* trainings provide professional development to meet your needs at any stage in your Zones journey. We offer a combination of LIVE and ON-DEMAND trainings to fit any schedule. Visit our [Overview Training Page](#) for more details.

BASIC TRAINING – HALF DAY

(3 hours, 2.75 instructional hours)

Participants can expect to:

- Prepare to implement The Zones of Regulation Digital Curriculum.
- Develop a solid understanding of the scope and sequence of The Zones Curriculum to plan for engaging, meaningful, and differentiated instruction.
- Apply concepts and strategies to develop learners' social emotional competencies.
- Build an understanding of the educator/ leader's role in fostering a climate for regulation to thrive.

COMPREHENSIVE TRAINING – FULL DAY

(7 hours, 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 via 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.

TIER-1 TEAM TRAINING

(3 hours, 2.75 instructional hours)

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

ADOLESCENT ADAPTATIONS TRAINING

(1.25 hours)

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

3 Explore [Resources on our Website](#)

Check out the supplementary Zones products or take a deep dive into our BLOG posts, free downloadables, Book Nook, and Assessment Tools to help support the use of *The Zones*.

Questions? Contact Us!

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

Purchasing Guide

The Zones of Regulation Digital Curriculum

The *Zones of Regulation Digital Curriculum* is accessed through a subscription. Everything you need to learn about, prepare, and teach The Zones is included and is applicable for schools (Tiers 1, 2, 3), home, and community settings.

How to Purchase

DIGITAL CURRICULUM

- Access to the platform begins July 2024.
- Subscription is an annual license for one teacher/adult/clinician.
- Price is \$120 per user.
- Groups of 10 or more qualify for group rates.
 - 1-9 subscriptions: \$120 per user
 - 10-29 subscriptions: \$108/per user (10% discount)
 - 30+ subscriptions: \$96/per user (20% discount)



For more information: zonesofregulation.com/digital-curriculum

To purchase: shop.zonesofregulation.com

TRAINING AND CONSULTING

TRAINING PRICE PER PERSON*

| | |
|------------------------------|-------|
| Basic Training:..... | \$110 |
| Comprehensive Training:..... | \$220 |
| Tier I Team Training:..... | \$110 |
| Adolescent Adaptations:..... | \$55 |

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.

Visit: zonesofregulation.com/training

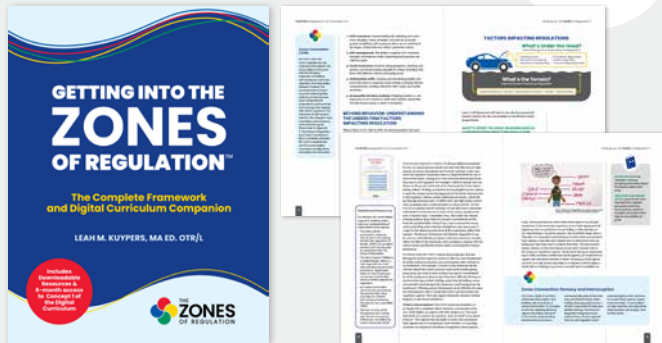
Companion Products

These resources are recommended to complement *The Zones of Regulation Digital Curriculum* instruction.

Getting into the Zones of Regulation™ Companion Book

1 per leader

ALL NEW



The Zones of Regulation 5-Poster Set

Quantity will vary

ALL AGES



Zones Storybook Set and Tools to Try Cards for Kids Bundle

1 per leader

AGES 5-11



Navigating The Zones and Advanced Pack Game Bundle

1 or 2 per setting

AGES 11-18



Individual products and bundles available through Social Thinking
socialthinking.com/zones-of-regulation | sales@socialthinking.com

THE ZONES OF REGULATION® APPS

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THE ZONES OF REGULATION APP



AGE 4+

EXPLORING EMOTIONS APP

