

Alignment of New Concepts with Original Lessons in The Zones of Regulation® Curriculum

All content in the Digital Curriculum is new or significantly revised. This chart illustrates how content from the original Zones of Regulation curriculum is integrated into the new Digital Curriculum.

Digital Curriculum (2024) Concepts and Learning Targets	Original Zones Curriculum (2011) Lessons
<p>Concept 1: What is Regulation?</p> <p>I can use the word “regulate” in a sentence.</p> <p>I can describe one or more ways a person can regulate themself.</p>	<p>No Correlation/Not Applicable</p>
<p>Concept 2: Introducing The Zones of Regulation</p> <p>I can name and describe the four Zones of Regulation.</p> <p>I can sort, or categorize, feelings into the four Zones of Regulation.</p>	<p>Lesson 1: Creating Wall Posters of The Zones</p> <p>Lesson 2: Zones Bingo</p>
<p>Concept 3: All the Zones Are Okay</p> <p>I can connect my feelings and Zones with real-life situations.</p> <p>I can give an example of how people have different feelings and perspectives in a situation.</p>	<p>Lesson 3: The Zones in Video</p> <p>Lesson 4: The Zones in Me</p> <p>Lesson 5: Understanding Different Perspectives</p>
<p>Concept 4: My Signals, My Zones</p> <p>I can name at least one body signal I feel when I am in each Zone.</p> <p>I can explain how body signals, Zones, and emotions are all connected.</p>	<p>Lesson 6: Me in My Zones</p>
<p>Concept 5: The Zones Check-In</p> <p>I can pause and do a Zones Check-In on my own or with others.</p> <p>With practice, I can check in when I am in each of the Zones: Red, Yellow, Green, Blue.</p>	<p>Lesson 8: My Zones Across the Day</p>

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<p>Concept 6: Situations that Trigger and Spark I can notice and describe the situation around me (when, where, what, who). I can name at least two of my triggers and two of my sparks.</p>	<p>Lesson 7: How Do I Feel? Lesson 9: Caution! Triggers Ahead</p>
<p>Concept 7: What Is a Regulation Tool? I can identify common regulation tools around me. I can use The Zones of Regulation to categorize regulation tools.</p>	<p>Lesson 10: Exploring Sensory Support Tools</p>
<p>Tool of the Week</p>	<p>Lesson 11: Exploring Tools for Calming Lesson 12: Exploring Tools – Thinking Strategies</p>
<p>Concept 8: Building My Zones Toolbox I can reflect on how a tool helps me regulate. I can share a helpful tool from each Zone in my toolbox.</p>	<p>Lesson 13: The Toolbox Lesson 18: Celebrating Use of Tools</p>
<p>Concept 9: Deciding to Regulate I can pause to think about my options and goals before acting. I can decide if using a regulation tool will help in a situation.</p>	<p>Lesson 15: Stop and Use a Tool Lesson 17: Stop, Opt and Go</p>
<p>Concept 10: The Zones Pathway I can use the Zones Pathway in real-time situations. Using the Zones Pathway, I can reflect on how my regulation is working for me.</p>	<p>Lesson 14: When to Use Yellow Zone Tools Lesson 16: Tracking My Tools</p>

NOTE: You will no longer find any of Social Thinking’s concepts or intellectual property in the new Digital Curriculum. This includes Size of the Problem, Superflex® vs. Rock Brain®, Social Behavior Mapping, and Expected/Unexpected Behavior.