

# ZONES OF REGULATION DIGITAL CURRICULUM AND CASEL COMPETENCY CORRELATION CHART

Zones Concept	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
C1: What Is Regulation?	X	X			X
C2: Introducing The Zones of Regulation	X	X			
C3: All The Zones Are Okay	X	X	X		X
C4: My Signals, My Zones	X				
C5: The Zones Check-In	X	X	X	X	
C6: Situations That Trigger and Spark	X	X	X	X	X
C7: What Is a Regulation Tool?		X	X		X
C8: Building My Zones Toolbox	X	X	X	X	X
C9: Deciding to Regulate	X	X	X	X	X
C10: The Zones Pathway	X	X	X		X

For more information on CASEL SEL Competencies, see: [casel.org](https://casel.org).