

Australian Curriculum and The Zones of Regulation® Digital Curriculum Alignment

This chart shows an alignment between the Zones of Regulation Digital Curriculum's concepts and the *Personal and Social Capability* section of the Australian Curriculum.

Digital Curriculum Concept	Self-Awareness				Self-Management				Social Awareness			Social Management				
	Recognise emotions	Recognise personal qualities and achievement	Understand themselves as learners	Develop reflective practice	Express emotions appropriately	Develop self-discipline and set goals	Work independently and show initiative	Become confident, resilient, and adaptable	Appreciate different perspectives	Contribute to civil society	Understand relationships	Communicate effectively	Work collaboratively	Make decisions	Negotiate and resolve conflict	Develop leadership skills
C1: What is Regulation?			X						X		X		X			
C2: Introducing The Zones of Regulation	X				X				X		X		X			
C3: All The Zones are Okay	X			X	X				X	X	X		X	X	X	
C4: My Signals, My Zones	X		X		X				X							
C5: The Zones Check-In	X		X	X	X		X		X		X	X	X			
C6: Situations that Trigger and Spark	X	X	X	X	X	X	X		X	X	X	X			X	
C7: What is a Regulation Tool?			X	X	X	X	X					X	X			
C8: Building a Zones Toolbox		X	X	X	X	X	X		X			X		X		X
C9: Deciding to Regulate	X	X	X		X	X	X			X	X		X	X	X	X
C10: The Zones Pathway	X	X	X	X	X	X	X		X	X	X			X	X	X