

Stanton Lodge:

Zones of Regulation Overview

Unit 1 – Introducing the Zones

Lesson	Topic	Goals
1	Creating wall posters of the Zones	<i>-Develop the ability to identify a range of emotions and how they relate to zone</i> <i>-Read their own body's cues regarding what zone they are experiencing</i> <i>-Develop insights on triggers and circumstances that influence their zones</i> <i>-Relate how their zone and behaviours have changed others' perspectives</i>
2	Zones Bingo	
3	The Zones in video	
4	The Zones in me	
5	Understanding different perspectives	
6	Me in my Zones	
7	How do I feel?	
8	My Zones across the day	
9	Caution! Triggers ahead	

Unit 2 – Exploring Tools to Calm and Alert

Lesson	Topic	Goals
10	Exploring sensory support tools	<i>-Understand that there are strategies or tools they can use that will influence their zones</i> <i>-Understand that tools affect each person differently and they need to determine which tools are most effective for them</i> <i>-Know at least 5 strategies they find calming, at least 2 strategies they find alerting, and at least one strategy that helps them remain in the Green Zone</i> <i>-Be able to demonstrate the use of a strategy to self-regulate</i>
11	Exploring tools for calming	
12	Exploring tools – Thinking Strategies	



Unit 3 – Learning When to Use and Apply Tools

Lesson	Topic	Goals
13	The Toolbox	<ul style="list-style-type: none"> -Use tools to regulate themselves -Determine when they need to use a tool to regulate -Problem solve desirable solutions to problems they encounter -Understand how utilising tools to regulate positively affects them
14	When to use Yellow Zone Tools	
15	Stop and Use a Tool	
16	Tracking My Tools	
17	Stop, Opt and Go	
18	Celebrating My Use of Tools	