

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	<i>-Use tools to regulate themselves</i> <i>-Determine when they need to use a tool to regulate</i> <i>-Problem solve desirable solutions to problems they encounter</i> <i>-Understand how utilising tools to regulate positively affects them</i>
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	

If you would like any further information or resources, please do not hesitate to contact Stanton Lodge on 4721 8782.

Kind Regards,

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