

## Zones of Regulation at Northland School

At Northland School we use the Zones of Regulation as a way of helping students understand their emotions and learn strategies to regulate. When students are regulated they can learn their best.

Emotions are placed under colours - red, yellow, blue and green. These colours demonstrate the intensity of the emotion. Students have created posters for Northland School which are displayed around the different spaces and in the playground.



Each class has a check in system where students place themselves in one of the four zones. This is a way for teachers and other students to be able to check in with each other.

There is also a sensory box in each space. This is where a range of calming tools are kept, some spaces have special spaces set up for children to go to and regulate.

Lessons for the Zone of Regulation are explicitly taught in Terms 1 and 2 but revisited throughout the year. In Terms 3 and 4, students will learn a variety of strategies so that they are continually building their strategies kete.

Key lessons in Term 1 include Me and My Zones, Expected and Unexpected Behaviour, Exploring Sensory Tools and Thinking Strategies. Students understand that what a person does can affect how others feel and think. Students learn that in a specific situation there are expected and unexpected behaviours that someone may show when they are in a particular Zone. The students gain an awareness about how they feel and think when someone shows expected versus unexpected behaviour whilst in a Zone. In the Thinking Strategies lessons, students learn how to analyse a situation and work out how big a problem is. They understand that the size of their reaction or expected behaviour should match the size of the problem. Students become aware of the impact positive and negative self-talk can have. They learn to use their Inner Coach or positive self-talk to help them regulate their Zone. Students are beginning to explore the idea of flexible thinking versus rigid thinking and the impact this can have in their regulation.

In Term 2, lessons look at triggers, using the toolbox and tracking our zones and tools over a period of time. Students learn about and try out different sensory tools and calming techniques that can be used to help them calm their body and mind. They develop an understanding of how these strategies help them regulate. Students are able to reflect on which tools and strategies are effective in helping them regulate.

Data is collected at the end of each term and analyzed. Additional lessons and strategies are explicitly taught based on a needs basis.

The Zones of Regulation is a common language across the school for everyone to refer to and use both at school and home.

For more details follow the link <https://www.socialthinking.com/zones-of-regulation>

