

Lesson 3: The Zones in Video

ZONES OF REGULATION

GOALS

- Deepen the client's understanding of the Zones
- Increase the client's awareness of how others perceive people in different zones
- Increase the client's understanding about how one person's behaviors can affect the emotions of others
- Increase the client's ability to observe social skills of others in order to increase their insight into expected and unexpected behaviors.

MATERIALS NEEDED

- TV and/or an alternative device that can play videos (ie; VCR, DVD, Phone)
- An age appropriate video or movie
- A set of cards (red, yellow, green, blue)

PREPARATION:

- Set up the video or movie
- Give the client the different colored cards

LEAD IN ACTIVITY

- Facilitate a conversation about the client insight into his or her own emotions around others by asking:
 - Have you ever considered how the zone you are in can impact other people who are around you?
 - Review the goals of the activity

Activity

- ⦿ Explain to the client that they will watch a portion of the video or movie, although it will be paused periodically in order to discuss what zone the different characters are in.
- ⦿ Ask the client to hold up the color representing the appropriate zone to match the emotion they see in the video
 - Evaluate if the client is understanding the zones and if needed facilitate a conversation about zone again.

ACTIVITIES Continued

- When appropriate facilitate a conversation allowing the client time to reflect on the behaviors of the characters:
 - For Example:
 - What kind of thoughts do others have when the character is in the Red Zone?
 - How do they react to the character?
 - Is the way he or she acts in the Yellow Zone “expected” for the situation?
 - Is the character able to interact with others as successfully when they are in the Red or Yellow Zone as when they are in the Green Zone?

WRAP-UP

● Facilitate a discussion in order to assess understanding

○ For Example:

- How did the characters get along with each other when they were in the different Zones?
- What were others thinking about them when they were in the Yellow or Red Zone and was it expected or unexpected?
- In which zone were the characters most successful?
- What did people think of them when their zone was expected?
- In what zone do you feel you get along best with others or are most successful?