

Zones of Regulation

Lesson 13-Learning When to apply the Tools

The Tool Box

Overview

The client organizes the tools they learned in previous lessons into a visual toolbox worksheet. Their personalized worksheet can be displayed for them to refer to.

Preparation

- * Cut apart individual picture in the Zones Tool Box Menu (AA)
- * Make copies of the worksheet (R) and My Tools (BB)
- * Schedule
 - Lead in
 - Create the tool box
 - Wrap up

Lead in

Key Questions

What do you use a tool box for?

What do you use the tools for?

Why is it necessary to have a variety of tools in a toolbox?

Activities- Younger Children

- * 1. Have client decide which tool goes with each zone using the Zones Tool Worksheet- Have client practice each tool several times before putting tool onto their worksheet.
- * 2. Client can add tools to the *Me and My Zones* books that they made in lesson 8
- * 3. Complete the *My Zones Worksheet* using the Zone Tool Menu or pictures.

Activities of older Clients

- * 1. Have the client transfer the zone tools from the Zone Tools Worksheet for each zone onto the Zones Toolbox Worksheet. Have the client add additional tools.
- * 2. Have client reflect on where they would find it helpful to have it displayed.

Adaptations

- * 1. Some clients may not want to write- you can scribe.
- * 2. Some clients might have sensory issues and not like the feel of glue– you can glue/use glue sticks or tape.
- * 3. Clients with cognitive issue may benefit more from having photos of themselves using the tools as prompts vs the Zone Tools Menu pictures.
- * 4. Use technology to create zones tool box reminders i.e. ipods, ipads, etc.

Wrap Up

- * Explain different problems and situation need different tools and that is why a variety is needed in their tool box.
- * Normalize that we sometimes use the wrong tool first and keep trying until they find the right tool that works.
- * Remind the client the more they use their tools the more they will be in the Green Zone and it will be easier to get along with others
- * Generalize tools- have client keep the tool box in various settings: school, home, relative's houses, technology etc.