

Zones of Regulation

Lesson 14: When to Use Yellow Zone Tools

Overview

- * Clients will use role plays and a worksheet to practice using their Yellow Zone tools. Clients need to be aware of their early sign of becoming less regulated before they become overwhelmed with intense emotions. They will learn what to look for.

Goals

- ✓ Review what their yellow zone looks like
- ✓ Recognize when to self-regulate and what type of tool they need
- ✓ Client will understand that the more they stay in the Green Zone, the more successful they are socially and academically.

Preparation

- * Copy one When to Use My Yellow Zone Tools Worksheet(CC)
- * Schedule
 - * Lead-in
 - * When to Use My Yellow Zone Tools Worksheet
 - * Role Plays
 - * Wrap-up

Lead-in

1. Share the goals of the lesson.
2. Review the tools for each Zone. Red-calming, Yellow, Blue – increase alertness, Yellow and Red-Calming strategies.
3. Point to the peak of the Red Zone and ask if this is where they should first try using a tool. Point to the Yellow Zone start and ask the same question. Explain not to wait until the height of the Red Zone. Reinforce using the yellow Zone strategies as soon as they feel themselves moving into yellow. Have Client draw a stop sign at the beginning of the Yellow Zone.

Lead-in Cont'd

- * 3. Present a scenario that a client had tried a Yellow Zone tool as soon he/she got into the yellow zone. Have the client modify the chart so the progression of the day goes back into the green zone for the day.
- * 4. Discuss question “How would have client’s day been different if he or she would have used a tool to stay in control as soon as he or she got into the Yellow Zone?”

Activity

1. Tell client they will use role plays to help learn when and how to use their tools when they are in the yellow zone. (There are 7 role plays available in the workbook/kits.)
 2. Act out the role play as written-negative outcome.
 3. Brainstorm with client a yellow zone tool and act out the role play using the tool
- * Use family members to help with role plays, Use puppets to act out role plays or dolls. You can use movie or sitcom clips depicting people having difficulty regulating- discuss alternative tools the characters could have utilized.

Wrap up

- * Have the client be on the look out for an opportunity to use one of the tools- not that they actually use one of the tools. Just get them to the point that they are more aware-if they choose to actually use the tool great! Get them to start generalizing what they are learning.
- * Have the client identify a circumstance they could use a tool and set a goal for the week to use one specific tool and a situation they could utilize the tool.

Additional Learning Activity for Younger Clients

- * Create Social Story to help the student generalize using their zone tools across environment. Include what tools are calming or alerting, how he or she may look and feel in the target zone. Create a visual as a nonverbal prompt for when they are in the Yellow Zone.
- * When I feel _____, I need to STOP and calm my body. I can try _____, This will help me feel better”

Additional Learning Activity for Older Clients

- * Unexpected Behavior Social Behavior Map and Zone Tools(Refer to Lesson 5 for instructions and template for Behavior Maps)
- * Help Client understand the pros of using a tool in the Yellow Zone compared to the embarrassment of peers seeing them behave in the red zone.