Zones of Regulation

Lesson 15: Stop and Use a Tool

Overview

* Client continues to explore when they need to stop to use a tool related to their own experiences.
* Use the "My Zones Across the Day worksheet to identify "stop signs" at points during their day when it would be helpful to have stopped and used a tool. Clients will be able to identify a tool that may have been useful at each point.
* They will be able to see how their day could have been different if they would have used a tool.

Goals

1. Clients will recognize opportunities in their day to use zones tools.
2. Clients will select an appropriate tool based on their zones.

Preparation

* Copy My Zones Across the Day worksheet(N) (from lesson 8) and Stop and Use a Tool Stop Signs (DD)

* Have the clients schedule for the day

* Cut apart stop signs

* Replicate the My Zones Across the Day empty graph on a board if available and needed.

Lead-in

* Tell client that today they will look for ways the can use more tools throughout their day.

* Review goals of the lesson

* Discuss "Why is it important to look for situations where you can use a zone tool?

Activity

* 1. Refer to Lesson 8, My Zone Across the Day for instruction on filling out the graph.

* 2. Instruct client to put a stop sign on the first place where they could have stopped and tried a Yellow Zone tool.

* 3. Discuss what tool would have worked well where they placed the stop sign. Process how using a tool would have changed the thought of those around them.

Activity cont'd

* 4. Have the client continue to fin d a place where they could have used a tool, including while in Red, Blue and Green Zones and what tools they could have tried. Assess how the client is doing pairing calming and alerting tools with correct zones.

* 5. After completing tool reiterate that they are learning and may not have used their tools. Work with family to create environment of helping each other out and not making fun of client learning to use their tools or set expectations too high.

Wrap up

* Assess client's understanding
* Why is it important to know which tool works when?
* How would your day have changed if you had used a tool when you indicated you should have stopped?

Generalizing learning

* Share graphs with family or other working closely with client to gain support for the student with understanding when to use the tools.

* Graph daily and highlight spots when Client used a tool. Compare and contrast with client before and after they started using tools to one later when they were more proficient using their tools.