

# \*Zones of Regulation

Lesson 4: The Zone in Me

- Increase the client's ability to identify the zones within themselves
- Normalizing the fact that everyone experience each zone depending on the situation
- Increasing the client's awareness of how external factor impact what zone is expected
- Client reflects on the positive and negative impacts of matching their zone to the demands of the environment/situation.

 **GOALS**

- A Copy of the Zone scenarios
- Four pieces of paper (Red, Yellow, Green, Blue)
- Container
- (For Younger children) Hula hoops or something else to place on the floor to represent the four zones
- Scissors
- Glue

 **MATERIALS**

\* Separate all the scenarios (Can create your own)

\* Review Social thinking vocabulary

- Expected verse Unexpected
- Affect=I feel
- Good thoughts verse uncomfortable thoughts

\* **PREPARATION**

- \* Explore the client's insight into their self-awareness of circumstance when they were in each of the zone by asking:
  - Tell me about a time this week when you were in the \_\_\_\_\_ Zone
- \* Provide a description of the activity.

\* LEAD-IN

- ❖ Pick each scenario out the container one by one and read them out loud.
- ❖ Have the client determine what zone they think is expected for the emotion with the scenario (client's perspective)
  - Younger children (pre-school-early elementary): Have them jump/stand into the expected zone.
  - Older children (late Elementary-High School): Have the client read the scenarios and then place them in the expected zone.
- ❖ This activity will be sent home with the expectation that the client will explain it to his or her family.

 **ACTIVITY**

## ❖ Facilitated a discussion (Example):

- Are there times when it is expected to be in a zone other than Green?
- Describe a circumstance when you were in a zone other than Green?
- Was it expected or unexpected?
  - Explain how you knew?

 **WRAP-UP**