



*Life without limits for people with disabilities™*

# ZONES OF REGULATION

LESSON 8: MY ZONES ACROSS THE DAY

# GOALS for Graphing Zones



- \* Gain awareness that zones fluctuate throughout the day
- \* Increase understanding of personal triggers that influence zones
- \* Gain awareness that clients are more successful when in the green zone
- \* Reflect on whether zones were expected or unexpected and how it affected others' thoughts

# MATERIALS NEEDED

- \* One copy of My Zones Across the Day worksheet
- \* One copy of Thought Bubbles
- \* One set of crayons, colored pencils, or markers in each zone color
- \* Dry erase markers or chalk in each zone color



# ACTIVITY

- \* Begin by asking client: *How often do you think we change the zone we are in within a day?*
- \* Tell clients that they will be graphing their zones over the course of the day
- \* Instruct clients to fill in top of worksheet with name and date
- \* Brainstorm with clients the events during their day. Instruct clients to fill in the bottom of the graph with their schedule



# ACTIVITY continued...

- \* Have clients reflect on each event in their day and place a dot on the graph for what zone they were in for that period of time
- \* Use colored writing utensil to connect the dots to make a line graph. Use corresponding zone color to draw graph lines
- \* Discuss if their zone was expected or unexpected, giving those around them good thoughts or uncomfortable thoughts. Fill out and glue thought bubbles for several points, sharing the kinds of thoughts they suspect others around them were having about them in that zone

# WRAP-UP

- \* Have clients share their graphed zones with family members and/or peers
- \* Assess their ability to reflect on their behavior by asking the students to discuss the following:
  - \* *What are your thoughts about your day?*
  - \* *Are there any parts you would like to change?*
  - \* *What sort of things or circumstances caused you to change zones?*
- \* Explain that it is normal for zones to fluctuate throughout the day

# ADAPTATION and GENERALIZATION

- \* Use My Zones Across the Day worksheet continuously on a daily basis
- \* Have clients do worksheet with family and/or friends
- \* Have clients observe movie (i.e. *Frozen*, *Tangled*, etc.) and graph characters' zone fluctuation
- \* Be creative!