



Kindergarten students are learning the counseling role. They are taught the process of how to contact the counselor. Students are told to talk to their teacher first and then seek assistance from the counselor.

The Zones of Regulation is taught to all students. It is used to teach children to identify their feelings and be aware of what zone children are in. Teachers are also expected to use this vocabulary with their students.

There are four colored zones: blue, green, yellow, and red. Students are taught that all zones are ok, but they cannot be in the blue, green, and yellow zones very long. These are the emotions that are associated with the zones:

Blue zone - tired, bored, sick, or sad.

Green zone - focused, ready to learn and calm.

Yellow zone - frustrated, disappointed, silly, scared, and anxious

Red zone - angry, out of control, yelling and hitting.

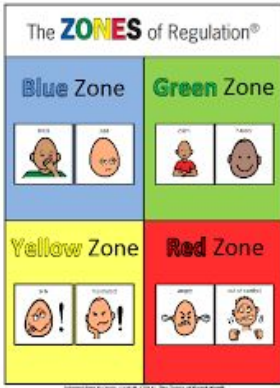

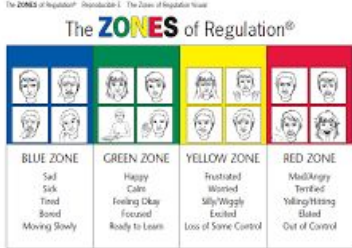
Students are introduced to some strategies to cope while in the zones. There will be additional teaching of the Zones of Regulation throughout the year.

First and Second graders were read scenarios. Students were told to go to one of the four zones depending on how they would feel.

Third graders were taught the word triggers. They were instructed to select a zone and then write what their trigger is. For example, some students wrote that they were in the yellow zone when others are talking while they are trying to work.

Fourth and Fifth graders had to sort different emotions that corresponded to the zones.

These are charts used for different grade levels.

Kindergarten chart	First and Second grade	Chart for 3rd - 5th graders
 <p>The ZONES of Regulation®</p> <p>Blue Zone Green Zone</p> <p>sad tired</p> <p>happy calm</p> <p>Yellow Zone Red Zone</p> <p>sick moving slowly</p> <p>mad angry</p> <p><small>©2013 First Step Systems, LLC. All rights reserved.</small></p>	 <p>BLUE ZONE GREEN ZONE YELLOW ZONE RED ZONE</p> <p>sad sick tired moving slowly</p> <p>happy calm feeling ok focused ready to learn</p> <p>worried silly / wiggly excited loss of some control</p> <p>mad / angry yelling hitting throwing things out of control</p>	 <p>The ZONES of Regulation®</p> <p>BLUE ZONE GREEN ZONE YELLOW ZONE RED ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p> <p>Mad/Angry Terrified Yelling/Hitting Blamed Out of Control</p> <p><small>Copyright © 2013 First Step Systems, LLC. All rights reserved.</small></p>