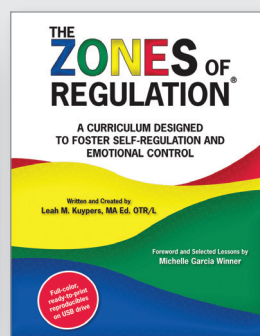
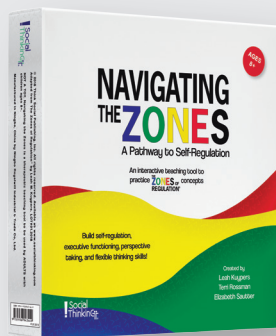


Contents

Overview, Objective, Ages & Participants	4
What's in the Box	5
Set Up	6
Participants' Roles	7
Instructions	7
Wrap Up	9
Targets for Learning	9
Description of Components	10
Adult Facilitator's Role	12
Adaptations & Modifications	13
What's Next?	14
About the Creators	15



Navigating The Zones is an interactive teaching tool to be used with The Zones of Regulation® curriculum



All participants and the Adult Facilitator should be familiar with the lessons and vocabulary taught in *The Zones of Regulation* curriculum book prior to using this tool. Some specific lessons include:

- ▣ Understand *The Zones of Regulation* framework and common emotions that fall in each of the four Zones (Lesson 1)
- ▣ Understand that it is natural to experience all of the Zones (there is no "bad" Zone) and different events or situations will impact each of our Zones differently (Lessons 4 and 8)
- ▣ Be able to identify basic emotions in self and use The Zones framework to check in (refer to Ways to Check for Learning at the end of Chapter 3)
- ▣ Understand how tools (such as thinking strategies, calming techniques, sensory supports, etc.) can be used to support management of each Zone (Lesson 13)
- ▣ Understand that our Zone is defined by the feelings and internal states we experience on the inside. Our behavior is a byproduct of how we manage our Zone.