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Dear Parent(s),

The nextcouple6 classroom guidance lessons, the 2nd grade students will be participating in “The Zones of Regulation” curriculum. Lessons and activities designed by Leah Kuypers to help students gain skills in the area of self-regulation. It is defined as the best state of alertness of both the body and emotions. In addition to addressing self-regulation, the students will gain an increased vocabulary of emotional terms, skills in reading others, perspective about how others see and react to their behavior, insight into events that trigger their behavior, and problem solving &/or calming strategies.

**Beginning Zone Vocab:**

* **Blue Zone**- Used to describe a low state of alertness. Describes when one is sad, tired, sick, or bored.
* **Green Zone**-Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content. The student is in control
* **Yellow Zone**- Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, fear, or silliness. The student maintains some control.
* **Red Zone**- Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behavior, panic, extreme grief. Described as being “out of control”.

**You can support the student during this process by doing the following:**

* Use the language and talk about the concepts of The Zones as they apply to you in a variety of environments. Ex. “This is frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths”.
* Help students gain awareness of his/her zones and feelings by pointing out your observations.
* Talk about what zone is “expected” in the situation or how a zone may have been “unexpected”.
* Share with the students how his or her behavior is affecting the zone you are in and how you feel.
* Make sure you reinforce the student for being in the expected zone rather than only pointing out when his or her zone is unexpected.

It is important to note that everyone experiences all of the zones- the Red and Yellow Zones are not the “bad” or “naughty” zones. All of the zones are expected at one time or another.

Thanks,

Tara Walrod, School Counselor