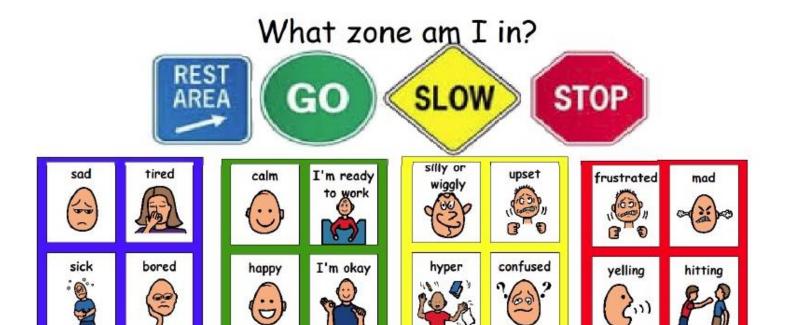
## **Zones of Regulation Curriculum Map**

KS 1 – KS 4 2020-21

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Chapter	Lesson	Link to Social Curriculum	Links to Skills Builder	Critical Vocabulary & Visuals to Generalise Learning		Goals for the Chapter	Essential Questions
2. Get Set How to use the curriculum		Set up pupils' inc	lividual Zones Folder	s (as described in Ch	apte	r 2).	
3. Go !!!	1. Creating Wall Posters of the		Speaking	Zones of Regulation	•	Develop ability to identify a range of emotions and how	What are the zones?
Introducing Students to the Zones	Zones		Listening Problem Solving	Visuals p.30 – 35 Zones of Regulation Visual Reference p. 36		they relate to a pupil's specific zone (Lessons 1,2,3,7)	<ul> <li>How will they help you identify what emotion or state of alertness you are feeling?</li> </ul>
	2. Zones Bingo		Staying Positive	Zones Bingo p. 40 -47	•	Read their own body's cues regarding what zone they are experiencing (Lessons 3,6)	<ul> <li>How do different emotions play different roles in different zones?</li> </ul>
	Time for Refuelling Lesson: Expected & Unexpected Behaviour	Expected & unexpected behaviours TS p.36	Aiming High Staying Positive	"Expected behaviours"	•	Develop insights on triggers and circumstances that influence their zones (Lessons 4,8,9)	<ul> <li>How does the way you act in different zones affect the way other people perceive you?</li> <li>How can you benefit from</li> </ul>
			Problem Solving	"Unexpected behaviours"	•	Relate to how their zone and behaviours have changed others' perspectives (Lessons	understanding what makes you change zones?
	Lesson: Our Behaviour Impacts	TS p. 40	Teamwork Leadership	"You can change (impact/affect) my feelings"		3,4,5,8)	

3. 4.	The Zones in Me Understanding Different Perspectives	Social Behaviour Mapping. Comic Strip Cartoons/Social Stories (Carol Grey)	Speaking Listening Staying Positive  Speaking Listening Problem Solving Creativity  Creativity  Creativity  Problem Solving Listening Staying Positive	"Good thoughts"  "Uncomfortable thoughts"  Movies clip, sitcom or cartoon in which characters display many states of alertness & emotions (eg: The Outsiders/Finding Nemo)  Zones scenarios p. 59 - 61  Understanding Different perspectives Visuals p. 67 – 70  Social Behaviour mapping Tool p.71, 72	<ul> <li>Develop ability to identify a range of emotions and how they relate to a pupil's specific zone         (Lessons 1,2,3,7)         <ul> <li>Read their own body's cues regarding what zone they are experiencing (Lessons 3,6)</li> <li>Develop insights on triggers and circumstance</li> <li>s that influence their zones (Lessons 4,8,9)</li> </ul> </li> <li>Relate to how their zone and behaviours have changed others' perspectives (Lessons 3,4,5,8)</li> <li>What are the zones?</li> <li>How will they help you identify what emotion or state of alertness you are feeling?</li> <li>How do different emotions play different zones in different zones?</li> <li>How does the way you act in different zones affect the way other people perceive you?</li> <li>How can you benefit from understanding what makes you change zones?</li> </ul>
6.	Me in My Zones		Creativity Teamwork	Capture video op pupil in each zone.  Me in My Zones p. 76 – 81.	
7.	How Do I Feel?		Aiming High Staying Positive Problem Solving	Visuals of the book How do I Feel? An	

		Listoning	Intoractivo		
		Listening	Interactive		
			reading book of		
			Emotions (2006),		
			Joan Green.		
			Zone idioms p. 85		
	8. My Zones	Teamwork	Zones across the		
	Across the Day	Listening	day worksheet p.		
		Problem Solving	90		
			Thought bubbles		
			p.91		
	9. Caution!	Problem Solving	Triggers		
	Triggers Ahead	Teamwork	worksheet		
		Listening	p. 95		
Ch	eck in for Learning	, and the second	Visual supports:		
			Flip book		
(Er	nd of Term Formative A	Assessment)	Wall posters		
			Communication board		
				Communication board	
				Zones check-in worksheet p.99	
				Lones check in worksheet plas	



Icons of the 4 zones p.100