

# Zones of Regulation Curriculum Map

KS 1 – KS 4 2020-21

AUTUMN TERM 2020						
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' individual Zones Folders (as described in Chapter 2).				
3. Go !!!  Introducing Students to the Zones	1. Creating Wall Posters of the Zones		Speaking Listening Problem Solving	Zones of Regulation Visuals p.30 – 35 Zones of Regulation Visual Reference p. 36	<ul style="list-style-type: none"> <li>Develop ability to identify a range of emotions and how they relate to a pupil's specific zone (Lessons 1,2,3,7)</li> <li>Read their own body's cues regarding what zone they are experiencing (Lessons 3,6)</li> <li>Develop insights on triggers and circumstances that influence their zones (Lessons 4,8,9)</li> <li>Relate to how their zone and behaviours have changed others' perspectives (Lessons 3,4,5,8)</li> </ul>	<ul style="list-style-type: none"> <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 roles 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>
	2. Zones Bingo		Staying Positive	Zones Bingo p. 40 -47		
	<b>Time for Refuelling Lesson:</b> Expected & Unexpected Behaviour	Expected & unexpected behaviours TS p.36	Aiming High Staying Positive Problem Solving	<i>"Expected behaviours"</i>  <i>"Unexpected behaviours"</i>		
	<b>Lesson:</b> Our Behaviour Impacts	<b>TS p. 40</b>	Teamwork Leadership	<i>"You can change (impact/affect) my feelings"</i>		

	the Feelings of Those Around us					
	<b>Lesson:</b> Good Thought vs. Uncomfortable Thoughts	<b>TS p. 93</b>	Speaking Listening Staying Positive	<i>“Good thoughts”</i> <i>“Uncomfortable thoughts”</i>		
	<b>3. The Zones in Video</b>		Speaking Listening Problem Solving Creativity	Movies clip, sitcom or cartoon in which characters display many states of alertness & emotions (eg: The Outsiders/Finding Nemo)	<ul style="list-style-type: none"> <li>• Develop ability to identify a range of emotions and how they relate to a pupil’s specific zone (Lessons 1,2,3,7)</li> <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> <li>• Relate to how their zone and behaviours have changed others’ perspectives (Lessons 3,4,5,8)</li> </ul>	<ul style="list-style-type: none"> <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 roles 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>
	<b>4. The Zones in Me</b>		Creativity	Zones scenarios p. 59 - 61		
	<b>5. Understanding Different Perspectives</b>	Social Behaviour Mapping. Comic Strip Cartoons/Social Stories (Carol Grey)	Creativity Problem Solving Listening Staying Positive	Understanding Different perspectives Visuals p. 67 – 70  Social Behaviour mapping Tool p.71, 72		
	<b>6. Me in My Zones</b>		Creativity Teamwork	Capture video op pupil in each zone.  Me in My Zones p. 76 – 81.		
	<b>7. How Do I Feel?</b>		Aiming High Staying Positive Problem Solving	Visuals of the book How do I Feel? An		

		Listening	Interactive reading book of Emotions (2006), Joan Green.  Zone idioms p. 85
8. My Zones Across the Day		Teamwork Listening Problem Solving	Zones across the day worksheet p. 90  Thought bubbles p.91
9. Caution! Triggers Ahead		Problem Solving Teamwork Listening	Triggers worksheet p. 95

**Check in for Learning  
(End of Term Formative Assessment)**

**Visual supports:**  
Flip book  
Wall posters  
Communication board

Zones check-in worksheet p.99  
Icons of the 4 zones p.100

What zone am I in?



sad 	tired 	calm 	I'm ready to work 	silly or wiggly 	upset 	frustrated 	mad 
sick 	bored 	happy 	I'm okay 	hyper 	confused 	yelling 	hitting 

