

## Zones

### **Grades K-4**

Whole Body Listening

[whole body listening](#)

### **Feelings**

Video of what is the zones of regulation

Watch the videos of the different zones

[Intro to Zones](#)

Do the zones Sort

Zones is all about Self-Regulation

[Inside out Understanding Emotions](#)

*Red Zone:*

[Red zone](#)

[Red Zone Video 1](#)

[Red zone Video 2](#)

*Yellow Zone:*

[Yellow zone](#)

[Yellow Zone video 1](#)

[Yellow Zone video 2](#)

*Green Zone:*

[Green zone](#)

[Green Zone Video 2](#)

*Blue Zone:*

[Blue zone](#)

[Blue Zone Video 1](#)

[Blue Zone Video 2](#)

[Blue Zone Video 3](#)

### **Expected Vs. Unexpected Behavior**

Youtube videos

Zones

[Expected vs. Unexpected Behavior](#)

[Examples of Expected and Unexpected Behavior](#)

[School examples](#)

Teach them about Different perspectives

[Understanding Different Perspectives](#)

[K-3 Video 1](#)

[4-6 Video 1](#)

**Self-Regulation**

[Regulating Emotions. Self Regulation](#)

[Training on Triggers](#)

Zones Book (77-80)

Track your zones throughout the day

Introduction to Tools

[Intro to Tools](#)

**Thinking Tools**

[Size of The problem Video 1](#)

[Size of The Problem Examples Video 1](#)

**Sensory Tools**

[Sensory Tools](#)

Calming Strategies

[Calming Tool](#)

[6 sides of Breathing](#)

[8 sides of breathing](#)

[Creative relaxing drawing online](#)

Making Tool Boxes

**Inner critic Inner Coach**

**Thinking Tool**

[Inner Critic Inner Coach Video](#)

Using the book (The Dot)

**Thinking Tool**

Rock Brain and Flexible Thinking

[rock brain vs flexible thinking](#)