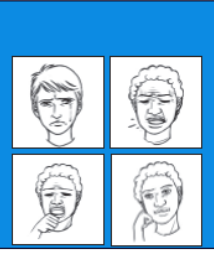
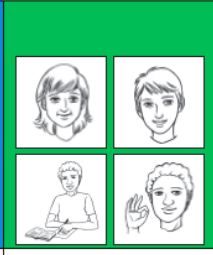
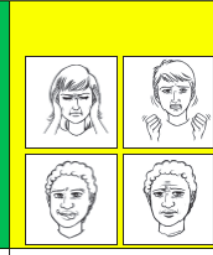



OK Landing has *Zones of Regulation*

What are The Zones of Regulation?

The Zones of Regulation is a systematic, cognitive behavior approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones. The Zones curriculum provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts. Staff and students at OKL use the Zones approach as a common language throughout the school to help students identify which Zone they are in, what the size of the problem is, and what strategies to employ to get back into the Green Zone.

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Size of the Problem

