

Zones of Regulation and Sensory Spaces

Molly Mueller, School Psychologist
Trevor Putnam, School Psychologist
Amy Van Akkeren, Special Education Teacher

Social Emotional Learning (SEL)

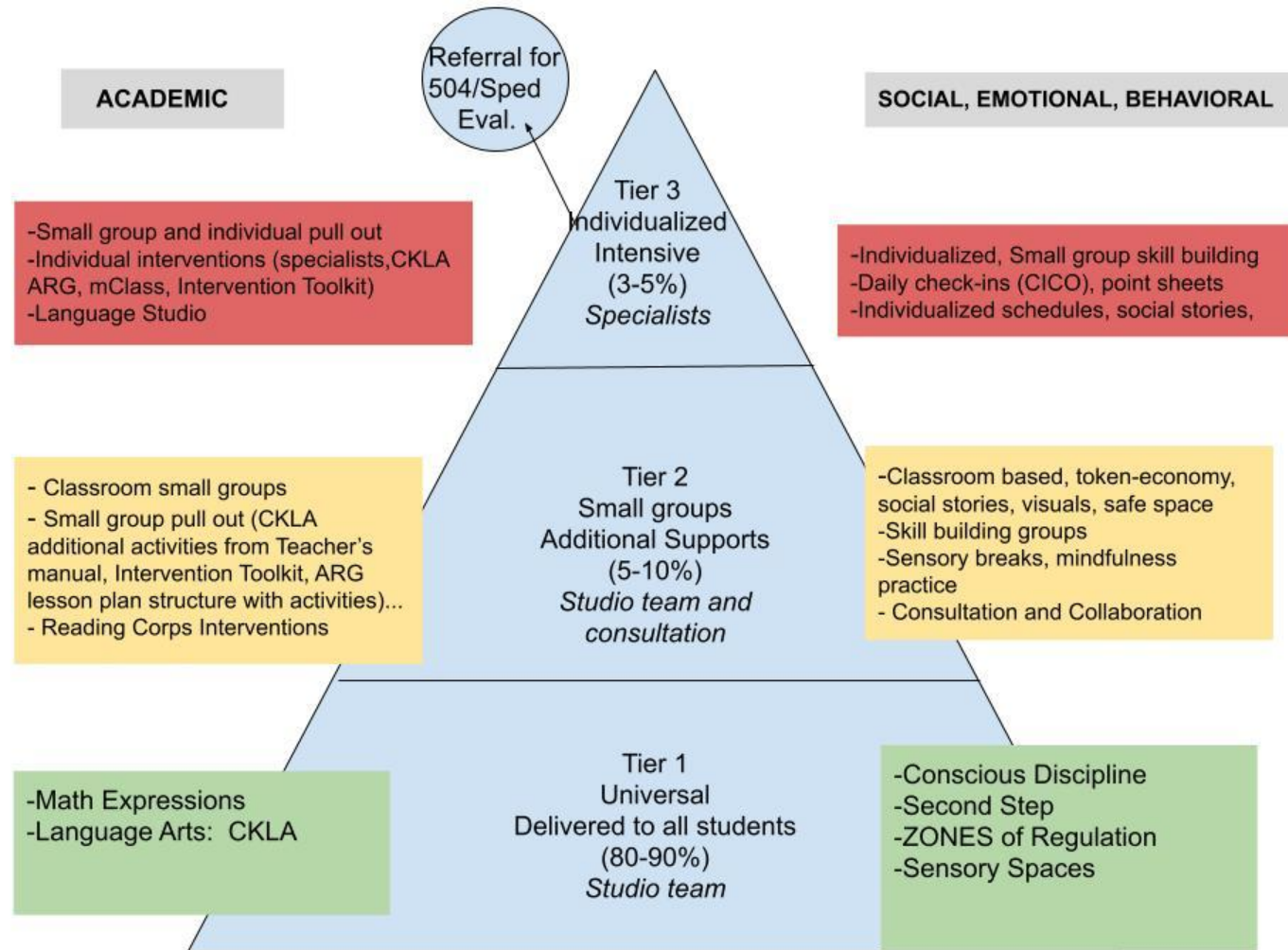
SEL: *“an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.”*

- Collaborative for Academic, Social, and Emotional Learning (CASEL), 2023

Social Emotional Learning (SEL)

Why is it important :

- Part of a whole child approach of development
- Basic needs (food, shelter, emotional security) have to be met for a student to be able to learn
- Academic learning and SEL must be woven together
- Regulated body → Regulated behavior → Regulated thinking = learning!



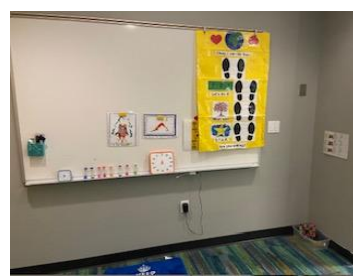
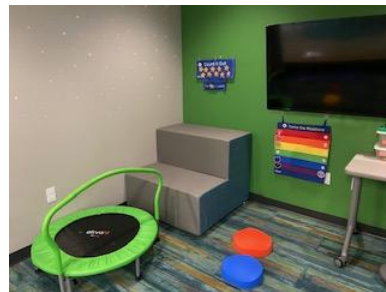
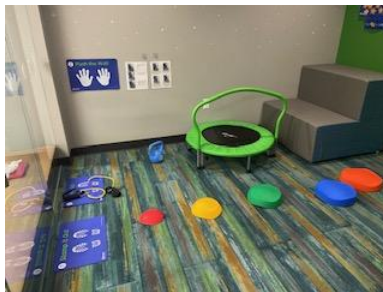
North Star

- Building values SEL and equitable access to all
- Wrote grants to the White Bear Lake Area Educational Foundation- Brosious Grant
 - Conscious Discipline materials, sensory and motor tools

North Star

- Created sensory spaces and safe spaces in each studio
 - PD with staff, agreed on spaces
- Pushed in to studios for two lessons

Sensory Rooms



Safe Spaces



Willow

Zones of regulation push in lessons K-1

- Zones overview, Regulation strategies, size of the problem

“Bear Den” (K-1), “Focus Room” (2-5)

- Sensory routine
- brain break tools
- Breathing

DESSA screener utilized for creating small groups

Feelings

How did you feel on the first day of school?





Feelings

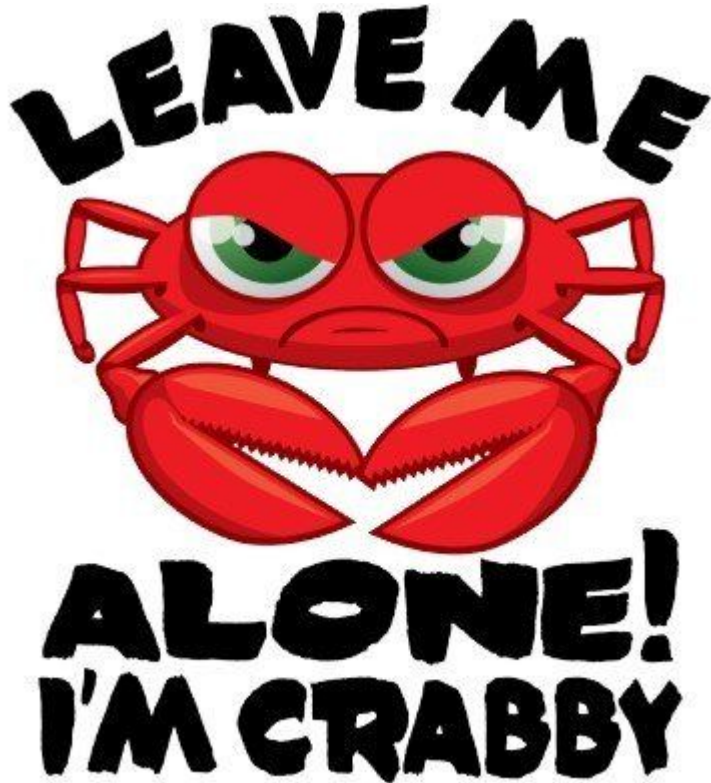
Was there ever a time you felt so angry you couldn't use your words?

Feelings

Have you ever been sad,
and not sure how to feel
happy?



Feelings

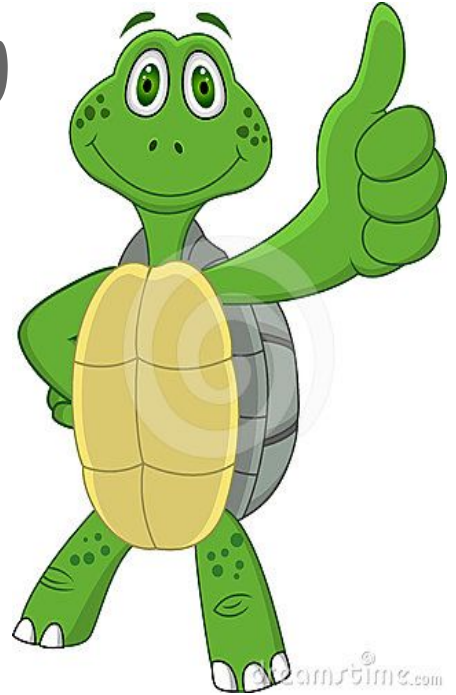


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Have you ever felt crabby? What did you do?

Feelings

Think of something that makes you really excited, what does your body look like? What does your face look like? What sounds are you making?



The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

GAME: Zones charades

We need volunteers!!!

-Can you guess what emotion they are acting out?

-What zone does it fall into?



The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “sssshhh” sound and release all your muscles, draining out the stress.







Zones of Regulation: Lesson 2

Mr. Putnam
Ms. V

I Know What Zone I Am In!!

Now What?

The ZONES of Regulation			
			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

I am in the Blue Zone

-Drinking Water



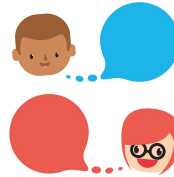
-Asking for a Hug



-Sensory Break



-Safe Item (Stuffed Animal, Blanket)



-Talking to an Adult



-Cry

-Listen to Music



I am in the Green Zone

-Wish Others Well

-Celebrate Yourself

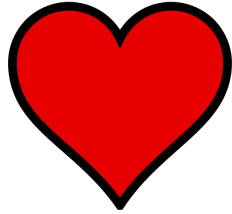
“I Rock”

“Way to Go”

-Learn

-Listen

-Expected Behaviors

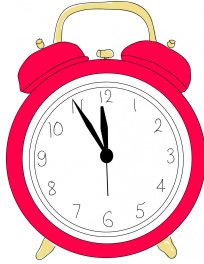


I am in the Yellow Zone

-Drink Water



-Take a Break



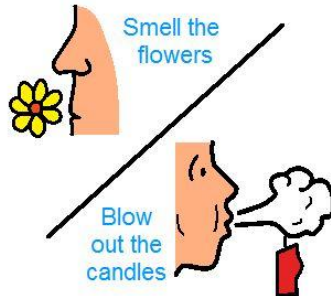
-Inner Coach

“I can do this, I just don’t know how yet.”



-Deep Breathing

Deep Breathing



-Stretch



I am in the Red Zone

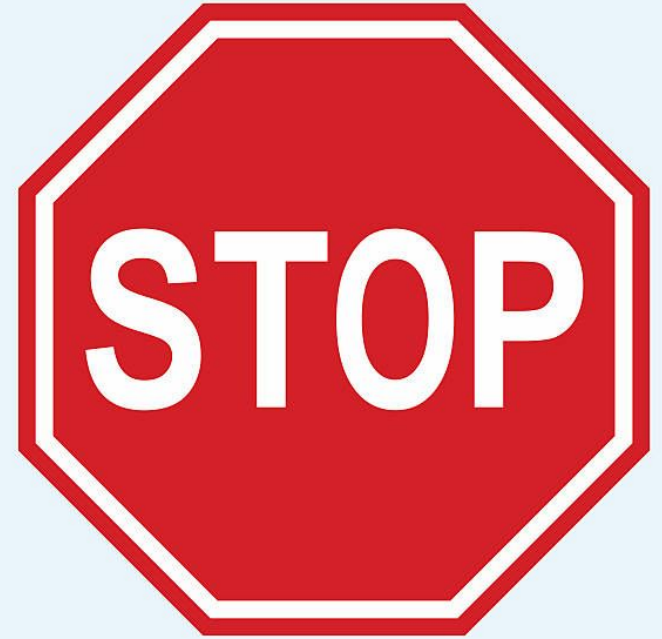
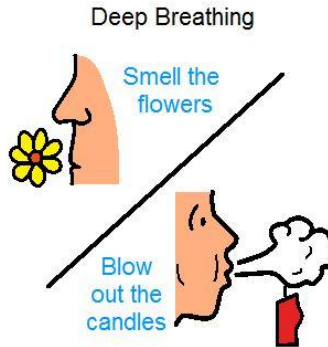
-Take a Break



-Go to Safe Space

-Size of Problem

-Deep Breaths





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S.T.A.R



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Drain



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Balloon



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Pretzel



Yellow Zone

Worried
Frustrated
Silly
Excited

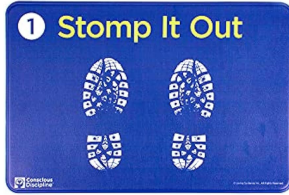


Blue Zone

Sad
Bored
Tired
Sick

Sensory Break

1. Movement - Count to Ten



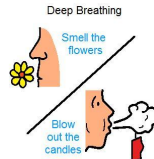
2. Calming/Sensory - 5 minutes



3. Yoga - one pose, 5 breaths



4. Breathing - 5 breaths



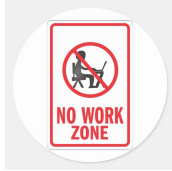
Sensory Rooms

-No toys

NO TOYS



-No work



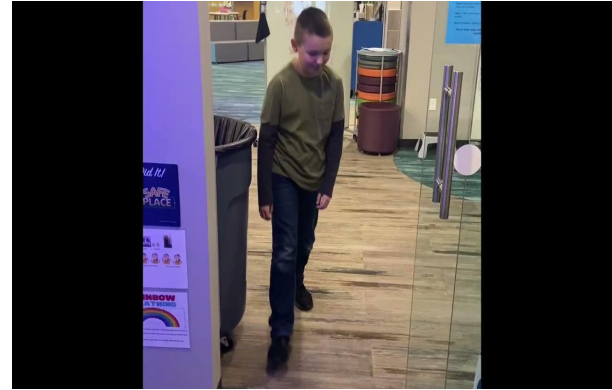
-Put everything away and make sure containers are closed tight



-1 student at a time



Sensory Rooms



1. Movement
2. Calming/Sensory
3. Yoga
4. Breathing

Sensory Rooms

- Not a play space
- Not a room we do work in
- Put everything away and make sure containers are closed tight
- 1 student at a time, 2 with an adult



Red Zone

overjoyed/Elated

Panicked

Angry

Terrified



Blue Zone

Sad

Bored

Tired

Sick

When We Are Out of Control.....

1. STOP



2. Safe Space

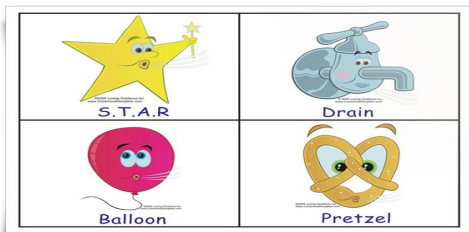
-Weighted Items

-Stuffed Animals

-Breathing Pillows

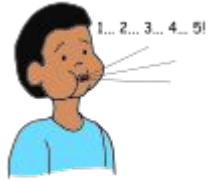


3. Deep Breaths



When in Control...

1. Body and breath counting



2. Make Plan with Adult



3. Sensory Break or Return to Schedule



THANK YOU!

Molly Britt, School Psychologist, Willow Lane Elementary

Molly.Britt@isd624.org

Trevor Putnam, School Psychologist, North Star Elementary

Trevor.Putnam@isd624.org

Amy Van Akkeren, Special Education Teacher, North Star Elementary

Amy.VanAkkeren@isd624.org