**South Row School**

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Dear Parents and Caregivers, September 2017

This school year I will again be going into your child’s classroom to present lessons. In the month of September, I will be in your child’s classroom to present a lesson on The Zones of Regulation
(or “The Zones” for short). I will be in every classroom at South Row during the month of September to

present a review of “The Zones”. For Kindergarten, the lesson will be an introduction to “The Zone’s”. Your child’s classroom has Zones signs posted and your child’s teacher will be using the language of “The Zones”. The Zones are designed to help students recognize when they are in different zones as well as learn how to use strategies to change or stay in the Zone that they are in. In addition to addressing self-regulation, “The Zones” help children gain an increased vocabulary of emotional terms, skills in reading other people’s facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem- solving skills.

It is important to note that everyone experiences all of the Zones-the Red and Yellow Zones are not the “bad” or “naughty” Zones. All of the Zones are expected at one time or another. The Zones of Regulation are intended to be neutral and not communicate judgment. Also, being out of the Green Zone does not necessarily signal a behavior problem. Feeling anxious or nervous or unsure of oneself could also place a child in the Yellow Zone.

Feel free to use “The Zones” language at home and encourage your children to be aware of what Zone they are in so that they can self-regulate their reactions and behaviors. Once children are aware of the Zone they are in, you can help them move back (or stay) in the Green Zone (happy, calm, ready to learn, ready to participate, etc.) by using tools or strategies that they find work for them.

In addition, along with the language of “The Zones”, we, as a staff, talk with your child about “Expected” and “Unexpected” behavior as well as the language from the Second Step curriculum. Feel free to also use this vocabulary as you are speaking with your child. For example, noticing out loud that your child did what was Expected… such as was helpful, included others in play, was thoughtful toward a friend. Describing the behavior out loud that you want to see repeated (an act of kindness, following a direction the first time, using 2nd Step Problem Solving, etc.)goes a long way in reinforcing positive social values and behavior.

I am attaching a chart of the Zones of Regulation as well as a “toolbox” with some sample strategies that may help your child either return to or stay in the Green Zone. I will be posting additional materials from the Zones of Regulation. Feel free to contact me if you would like additional resources of if you have any questions.

Dr. Linda Rich, Ed.D

South Row Counselor