



STOP & JOT NOTES

**THE ZONES OF REGULATION®
COMPREHENSIVE TRAINING**

These Stop and Jot Notes will
help you to synthesize important
concepts from today's training.

Sensory Preferences and Lifestyle

DIRECTIONS

Place an X indicating how you perceive each sense and provide examples underneath.

Avoiding to Seeking Scale

Proprioception

Vestibular

Taste

Smell

Touch

Visual

Auditory

Avoiding

Neutral

Seeking

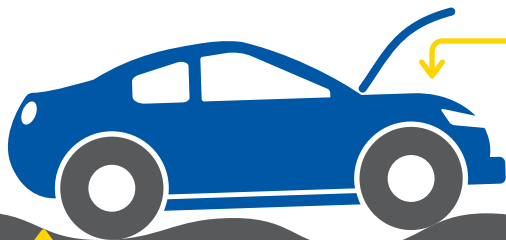
Factors Impacting Regulation

DIRECTIONS

Reflect on a learner you support, and the factors that impact their regulation.

What's Under the Hood?

Neurobiological Components of Regulation



- Development
- Sensory Processing
- Executive Functioning
- Emotional Regulation
- Social Cognition
- Trauma Exposure/ACEs

What's the Terrain?

External Factors Impacting Regulation

Lived Experience • Culture • Sociopolitical Factors • Access • Relationships

What's under the hood?

What's the terrain?

My Zones and Signals

DIRECTIONS

First, list common emotions you experience within each Zone.
Next, list body signals and sensations you associate with each Zone.

BLUE ZONE

Emotion	Sensation/Signal

GREEN ZONE

Emotion	Sensation/Signal

YELLOW ZONE

Emotion	Sensation/Signal

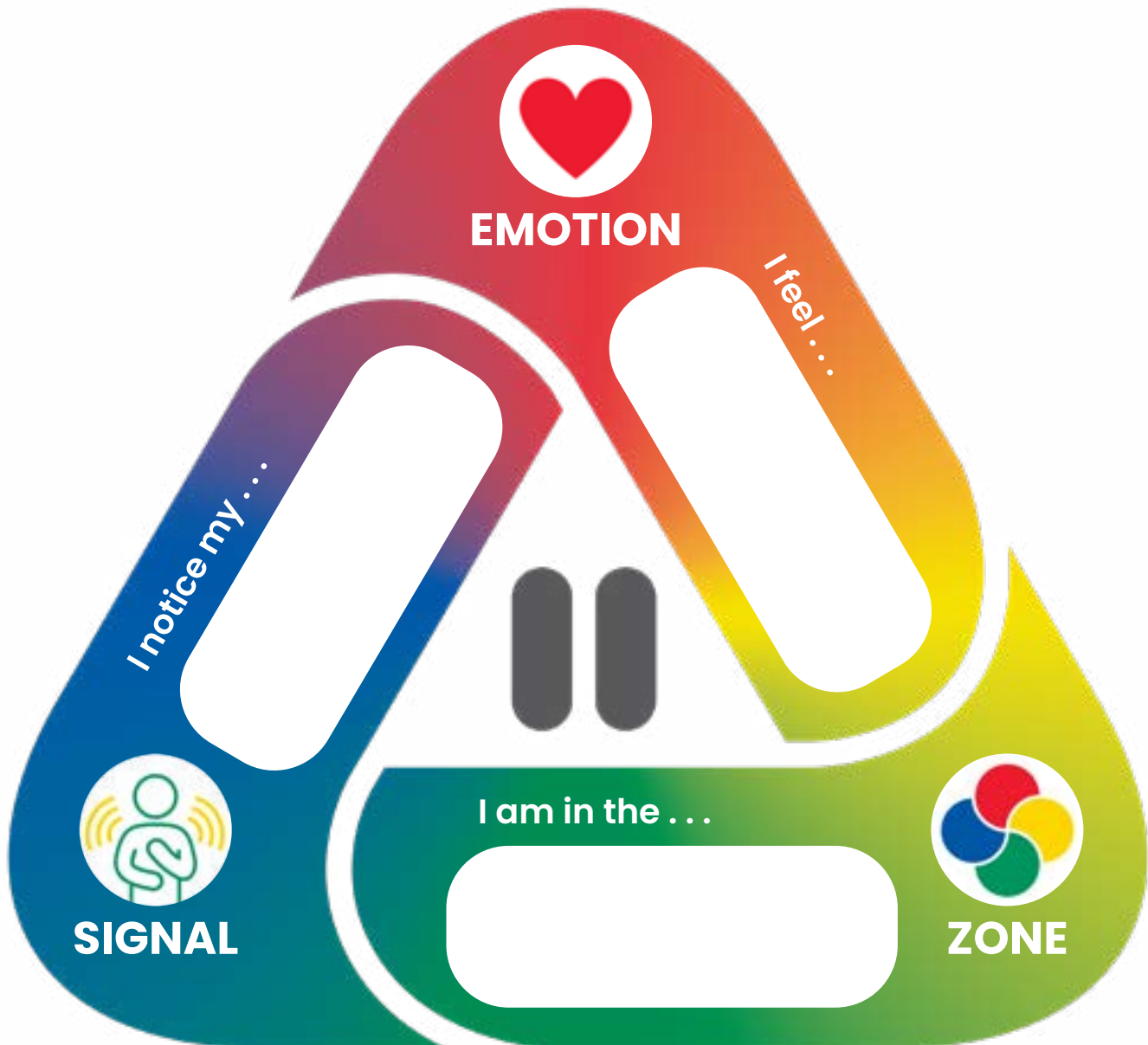
RED ZONE

Emotion	Sensation/Signal

Zones Check-In

DIRECTIONS

Complete a Zones Check-In by pausing to notice your body signals, feelings, and Zone.



The diagram is a large, stylized triangle composed of three interlocking, rounded shapes. The top shape is red and orange, labeled 'EMOTION' with a heart icon. The bottom-left shape is blue and purple, labeled 'SIGNAL' with a person icon. The bottom-right shape is green and yellow, labeled 'ZONE' with a four-colored circle icon. Each shape contains a large white rounded rectangle for notes. The text 'I notice my ...' is written along the left side of the Signal shape, 'I feel ...' along the right side of the Emotion shape, and 'I am in the ...' above the Zone shape's note box. In the center of the triangle, there are two vertical grey bars resembling a pause button.

EMOTION

I feel ...

SIGNAL

I notice my ...

I am in the ...

ZONE

Customizing Your Toolbox

DIRECTIONS

List regulation tools and which Zone it help you regulate.
Then, customize your Zones Toolbox below.

ZONES TOOL REFLECTION

	Name of Tool		Mark the Zone(s) the tool helps regulate.				
			<input type="radio"/> Blue	<input type="radio"/> Green	<input type="radio"/> Yellow	<input type="radio"/> Red	<input type="radio"/> None
			<input type="radio"/> Blue	<input type="radio"/> Green	<input type="radio"/> Yellow	<input type="radio"/> Red	<input type="radio"/> None
			<input type="radio"/> Blue	<input type="radio"/> Green	<input type="radio"/> Yellow	<input type="radio"/> Red	<input type="radio"/> None
			<input type="radio"/> Blue	<input type="radio"/> Green	<input type="radio"/> Yellow	<input type="radio"/> Red	<input type="radio"/> None
			<input type="radio"/> Blue	<input type="radio"/> Green	<input type="radio"/> Yellow	<input type="radio"/> Red	<input type="radio"/> None

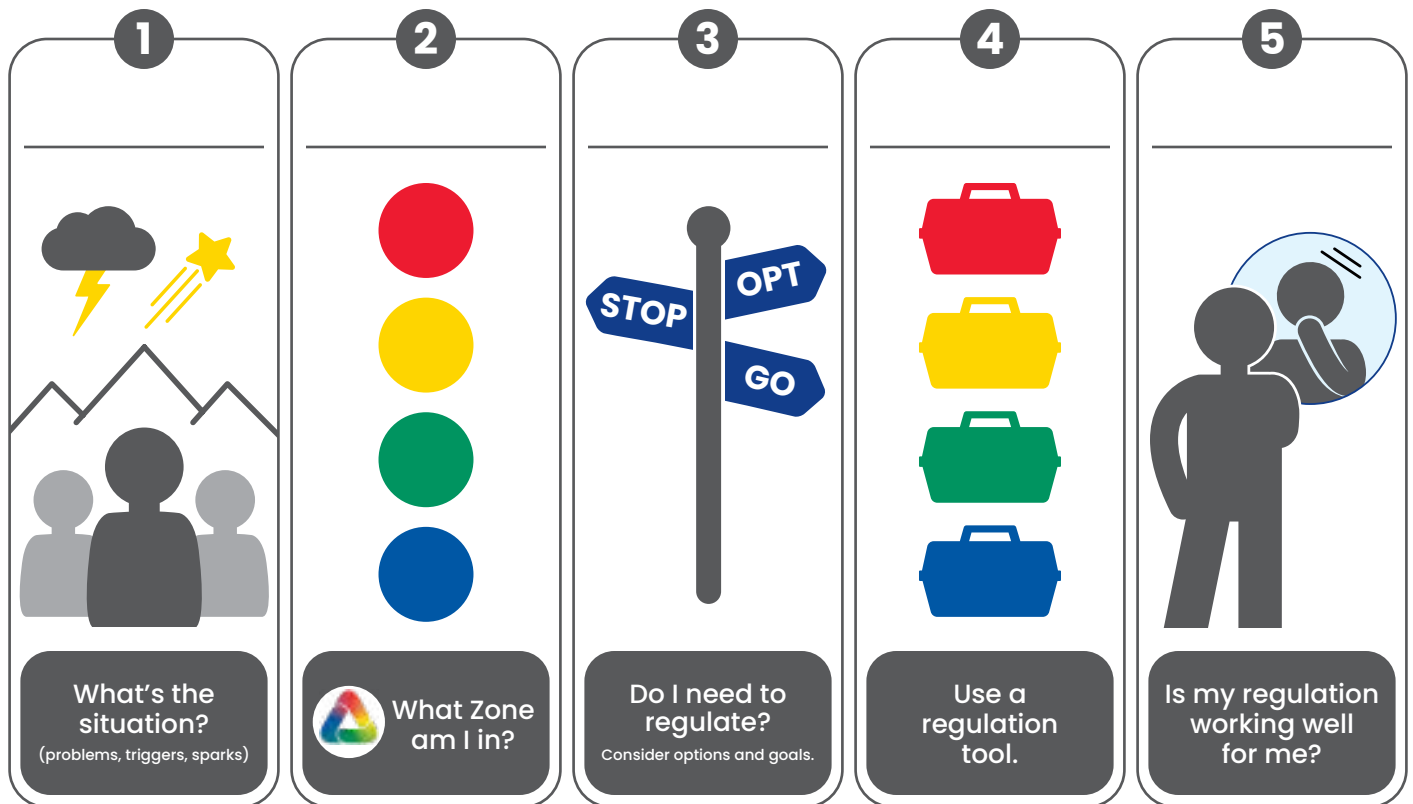
YOUR ZONES TOOLBOX

 Blue Zone Tools	 Green Zone Tools	 Yellow Zone Tools	 Red Zone Tools

The Zones of Regulation Pathway

DIRECTIONS

Label each step along The Zones of Regulation Pathway.



Climate impacts each step.

Principles and Practices of The Zones of Regulation

DIRECTIONS

Fill in the blanks to synthesize Key Principles of The Zones of Regulation framework and it's Signature Practices.

Signature Practices of The Zones of Regulation

1 _____ into the four Zones of Regulation.

2 Offer Zones _____.

3 _____ Zones Toolboxes.

4 Practice the Zones _____.

1 Zones are based on _____, not _____.

2 Our experience of The Zones is _____.

3 All the Zones are _____.

4 The _____ is NOT the goal.

5 It is NOT a _____ model.