



# Zones Training Resources

*NOTE: Not all links may have been mentioned in your webinar but may be valuable resources.*

## THE ZONES OF REGULATION FRAMEWORK

- About The Zones of Regulation & Trainers: [zonesofregulation.com/about](https://zonesofregulation.com/about)
- The Zones of Regulation Digital Curriculum: [zonesofregulation.com/digital-curriculum](https://zonesofregulation.com/digital-curriculum)
- Zones Supplementary Resources: [zonesofregulation.com/explore-and-purchase-the-zones-products](https://zonesofregulation.com/explore-and-purchase-the-zones-products)
- The Zoning In Blog: [zonesofregulation.com/blog](https://zonesofregulation.com/blog)
- Research: [zonesofregulation.com/research](https://zonesofregulation.com/research)
- Free Resources, Adaptation Examples, Data Collection Tools: [zonesofregulation.com/resources](https://zonesofregulation.com/resources)
- School Implementation Resources: [zonesofregulation.com/for-your-school](https://zonesofregulation.com/for-your-school)
- Videos, Podcasts & Interviews: [zonesofregulation.com/about](https://zonesofregulation.com/about)
- Zones of Regulation Trainings: [zonesofregulation.com/training](https://zonesofregulation.com/training)
- Sharing the Zones: [zonesofregulation.com/sharing-the-zones](https://zonesofregulation.com/sharing-the-zones)

## REGULATION DEVELOPMENT

- Trauma & ACES
- Polyvagal Theory—The Whole Brain Child, Dan Siegel & Tina Payne Bryson:
  - [drdansiegel.com](https://drdansiegel.com)
  - [tinabryson.com/thewholebrainchild](https://tinabryson.com/thewholebrainchild)
- Sensory Processing—Sensational Kids book, Dr. Lucy Jane Miller: [spdstar.org/basic/founder-dr-lucy-jane-miller](https://spdstar.org/basic/founder-dr-lucy-jane-miller)
- Executive Functioning—Sarah Ward and Kristen Jacobson: [efpractice.com](https://efpractice.com)
- Social Cognition—Michelle Garcia Winner and Social Thinking: [socialthinking.com](https://socialthinking.com)
- Mindset—Ross Greene: [livesinthebalance.org](https://livesinthebalance.org)
- Interoception—Kelly Mahler: [kelly-mahler.com](https://kelly-mahler.com)
- Relationships and Equity—The Innocent Classroom: [innocenttech.com](https://innocenttech.com)
- Culturally Responsive Teaching and the Brain, Zaretta Hammond: [crtandthebrain.com](https://crtandthebrain.com)



## SEL & REGULATION RESOURCES

- MoveMindfully: [move-mindfully.com](https://move-mindfully.com)
- GoNoodle: [gonoodle.com](https://gonoodle.com)
- Cosmic Kids: [cosmickids.com](https://cosmickids.com)
- Generation Mindful: [genmindful.com](https://genmindful.com)
- Kimochis: [kimochis.com](https://kimochis.com)
- Tools of the Mind: [toolsofthemind.org](https://toolsofthemind.org)
- Hey Sigmund, Karen Young: [heysigmund.com](https://heysigmund.com)
- Make Social and Emotional Learning Stick, Elizabeth Sautter: [elizabethsautter.com](https://elizabethsautter.com)
- Multi-Tiered Systems of Support (MTSS) Framework: [mtss4success.org](https://mtss4success.org)
- Positive Behavior Interventions and Supports (PBIS): [pbis.org](https://pbis.org)
- SCERTS Model: [scerts.com](https://scerts.com)
- The Incredible 5 Point Scale, Kari Dunn Buron: [5pointscale.com](https://5pointscale.com)
- Social Thinking: [socialthinking.com](https://socialthinking.com)
- CASEL: [casel.org](https://casel.org)

## VIDEO LINKS

- What is Sensory Processing Disorder: [youtube.com/watch?v=yXUwA382D7s](https://youtube.com/watch?v=yXUwA382D7s)
- Friends? [youtube.com/watch?v=DXsT7Q43icE&t=2s](https://youtube.com/watch?v=DXsT7Q43icE&t=2s)
- De-escalation Spaces in High School:  
[edutopia.org/video/helping-high-schoolers-manage-emotions](https://edutopia.org/video/helping-high-schoolers-manage-emotions)
- Social and Emotional Learning A Schoolwide Approach, Edutopia:  
[edutopia.org/video/social-and-emotional-learning-schoolwide-approach](https://edutopia.org/video/social-and-emotional-learning-schoolwide-approach)
- Learning to Measure Size of The Problem, Edutopia:  
[edutopia.org/video/learning-measure-size-problem](https://edutopia.org/video/learning-measure-size-problem)
- The Power of Relationships in SEL and Racial Equity:  
[youtube.com/watch?v=Sss5q\\_h2Ua4](https://youtube.com/watch?v=Sss5q_h2Ua4)

## TIER-1 / SCHOOLWIDE IMPLEMENTATION

- Schoolwide Zones Consulting: [zonesofregulation.com/for-your-school](https://zonesofregulation.com/for-your-school)
- Zones School Spotlights: [zonesofregulation.com/for-your-school](https://zonesofregulation.com/for-your-school)
- Social-Emotional Learning & Equity Pitfalls & Recommendations, National Equity Project: [nationalequityproject.org/frameworks/social-emotional-learning-and-equity](https://nationalequityproject.org/frameworks/social-emotional-learning-and-equity)
- Tear Down Your Behavior Chart!, ASCD: [ascd.org/el/articles/tear-down-your-behavior-chart](https://ascd.org/el/articles/tear-down-your-behavior-chart)
- Ditch the Clip: Why Clip Charts Are Not a PBIS Practice and What to Do Instead: [pbis.org/resource/ditch-the-clip-why-clip-charts-are-not-a-pbis-practice-and-what-to-do-instead](https://pbis.org/resource/ditch-the-clip-why-clip-charts-are-not-a-pbis-practice-and-what-to-do-instead)
- Restorative Justice and Practice: [iirp.edu](https://iirp.edu)
- Creating Buy-In for SEL at Your School, Edutopia: [edutopia.org/article/creating-buy-sel-your-school](https://edutopia.org/article/creating-buy-sel-your-school)
- Active Implementation Stages: [activeimplementation.org/frameworks/implementation-stages](https://activeimplementation.org/frameworks/implementation-stages)
- SEL Screening Tools: [pbis.org/resource/systematic-screening-tools-universal-behavior-screeners](https://pbis.org/resource/systematic-screening-tools-universal-behavior-screeners)
- Research on Schoolwide SEL: [casel.org/fundamentals-of-sel/what-does-the-research-say](https://casel.org/fundamentals-of-sel/what-does-the-research-say)

## TEACHING ADOLESCENTS RESOURCES:

- UCLA Center for the Developing Adolescent: [developingadolescent.semel.ucla.edu](https://developingadolescent.semel.ucla.edu)
- Brainstorm: The Power and Purpose of the Teenage Brain, Dan Siegal: [drdansiegel.com/book/brainstorm](https://drdansiegel.com/book/brainstorm)
- Edutopia.org "Making SEL More Relevant for Teens": [edutopia.org/article/making-sel-more-relevant-teens](https://edutopia.org/article/making-sel-more-relevant-teens)
- Edutopia.org "Decoding the Teenage Brain": [edutopia.org/article/decoding-teenage-brain-3-charts](https://edutopia.org/article/decoding-teenage-brain-3-charts)
- Common Sense Media: [commonsensemedia.org](https://commonsensemedia.org)
- Spark and Stitch Institute: [sparkandstitchinstitute.com](https://sparkandstitchinstitute.com)
- The Owner's Manual for Driving Your Adolescent Brain, JoAnn and Terrence Deak
- KQED MindShift "Middle Schoolers are Social. What opportunity Does that Create for Learning?": [www.kqed.org/mindshift/](https://www.kqed.org/mindshift/)