**The Zones of Regulation - Critical Vocabulary**

**Expected Behaviour –** These are behaviours that students are expected to show during instruction. Students not only need to recognize these behaviours within themselves, but also need to acknowledge them in their peers.

**Unexpected Behaviour –** These are behaviours that happen unexpectedly and disrupt the classroom. Students need to recognize which behaviours are *expected* so that they understand what to do during instruction. Students also need to recognize unexpected behaviours so that they can ignore them from their peers, or know when to stop them if they are the ones exhibiting such behaviours.

**“You can change/affect how I feel.” –** Thisphrase allows students to recognize that other people have influence over how they are feelings through their actions and words. This will allow students to begin to recognize the triggers that set them off and understand that they have the ability to surround themselves with people who make them feel positive and happy.

**“I can change/affect how others feel.” –** This phrase allows students to recognize that they have influence over other peoples’ emotions through their actions and words. This will keep them aware of their behaviours and allow them to self-regulate when they notice that they are exhibiting unexpected behaviours.

**Good Thoughts –** These are thoughts that you feel when someone exhibits expected behaviours. These thoughts and feelings keep everyone focused, calm, and ready to learn.

**Uncomfortable Thoughts –** These are thoughts that you feel when someone exhibits unexpected behaviours. These thoughts and feelings prevent everyone from learning, instead making everyone feel silly, restless, or distracted.

**Inner Coach –** Your inner coach is a positive voice in your head that helps you identify your strengths and challenges. When you happen upon a challenge, your inner coach stops you and helps you come up with a strategy to deal with your emotions and continue learning.

**Inner Critic –** Your inner critic is a negative voice that can only focus on your weaknesses and criticizes your ability to do better. Ignore your inner critic and learn to listen to your inner coach. Look for positives in a situation first, and identify strengths.

**I feel/am \_\_\_\_\_\_\_\_\_\_, I am in the \_\_\_\_\_\_\_\_\_\_\_ zone. –** This is a good way for students to identify their emotions as well as which zone they are in. This builds self-recognition, which is crucial for building self-regulatory skills. The chart below highlights some example vocabulary that students can use in each zone.

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| **Red Zone** | **Yellow Zone** | **Green Zone** | **Blue Zone** |
| Out of Control  Mad/Angry  Hands-On  Yelling  Refusing to Work | Excited  Silly  Worried  Frustrated  Loss of Some Control | Ready to Learn  Focused  Calm  Happy  Feeling OK | Sick  Sad  Tired  Bored  Moving Slowly |