

## Greetings

I am excited to introduce you to The Zones of Regulation, a curriculum to support your learner's social and emotional development and regulation skills! The Zones of Regulation provides a simple way for learners (and the adults who support them) to understand, communicate around, and care for their feelings. *The Zones of Regulation Digital Curriculum (2024)* uses evidence-based practices, strategies, and activities to build skills that are essential for well-being.

### Over the course of this curriculum, we will:

- Explore feelings and build emotional awareness.
- Recognize body signals related to our feelings.
- Identify situations and triggers that impact our feelings.
- Explore a variety of regulation tools.
- Pause to problem-solve before acting on our impulses.

Together, we will practice regulating feelings and behaviors in real-time and reflecting on if our regulation is working well for us

### RED ZONE

Angry/Mad • Terrified • Elated • Wild  
Devastated • Panicked • Out of Control

### YELLOW ZONE

Frustrated • Worried/Anxious • Excited  
Silly • Energetic • Overwhelmed

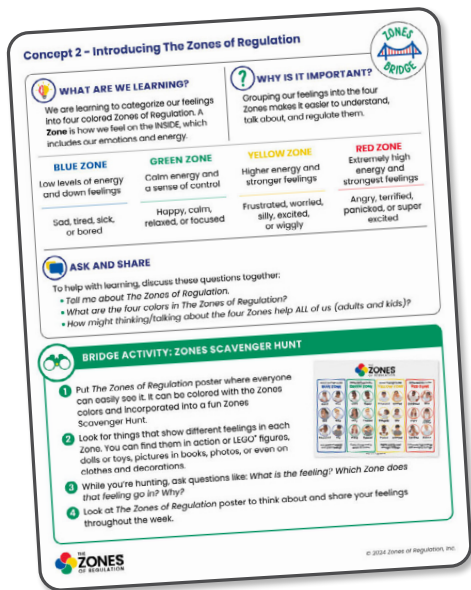
### GREEN ZONE

Happy • Calm • Okay  
Content • Focused • Proud  
Relaxed • Comfortable

### BLUE ZONE

Sad • Lonely • Shy  
Tired • Exhausted • Bored  
Depressed • Hurt • Sick

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Your involvement is essential for your learner to successfully apply what they are learning about The Zones into your setting. Be on the lookout for a Zones Bridge letter for each Digital Curriculum concept that summarizes what we are learning and ways to practice together.

You can learn more about The Zones of Regulation here: [zonesofregulation.com/how-it-works/](https://zonesofregulation.com/how-it-works/)

Please reach out with any questions. I look forward to exploring emotional regulation with your child/learner.

Sincerely,