

ZONES OF REGULATION

DIGITAL CURRICULUM GLOSSARY

Concept	Vocabulary	Icon	Definition	Example Sentence
1	Regulate		To adjust, manage, or control something so it works well.	When I'm hungry, I regulate by eating a snack.
1	Well-being		Feeling well, healthy, comfortable, and/or successful.	Getting enough sleep is good for my well-being .
1	Behavior		A person's actions.	Dancing is a behavior you might see when I'm happy.
2	Emotions		Feelings we have.	When I meet a new person, the emotion I feel is shy.
2	Category		A group of things or ideas that are similar.	In a library, books are grouped by category .
2	Zone (<i>The Zones of Regulation</i>)		A category used to describe our feelings on the INSIDE (including emotions and energy).	Thinking about my Zone helps me understand my feelings.
2	Blue Zone		Low level of energy and down feelings: sad, tired, sick, bored.	I feel tired in the Blue Zone .
2	Green Zone		Feeling calm energy and a sense of control: happy, calm, relaxed, focused.	I feel calm in the Green Zone .
2	Yellow Zone		Energy starts to get higher, and our feelings get stronger: frustrated, worried, silly, excited.	I feel frustrated in the Yellow Zone .

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2	Red Zone		Extremely high energy and our biggest, strongest feelings: angry, terrified, out of control, overjoyed.	I feel angry in the Red Zone .
3	Perspective		A person's unique way of feeling, viewing, or thinking about something.	My perspective is that summer is the best season.
3	Situation		What is happening at a certain time or place.	We had a wild situation at the park when it began raining unexpectedly.
4	Body signals		The sensations inside our bodies that help us figure out how we feel.	When I'm running, a body signal I feel is a fast heartbeat.
4	Self-awareness		Understanding how you feel.	He used his self-awareness to notice that he was nervous.
5	Zones Check-in		Pausing to notice and identify how we feel.	She did a Zones Check-in to notice her feelings.
6	Trigger		An unwelcome situation that causes us to feel less regulated.	Being late is a trigger for me because it makes me feel stressed.
6	Spark		A welcome situation that causes us to feel less regulated.	Playing tag is a spark for me because it makes me feel excited.
7	Regulation Tool		A strategy, or something we do, to manage our Zones.	Taking a walk is a regulation tool because it helps me calm down.
7	Zones Toolbox		A collection of regulation tools for each Zone.	When I'm sad, I use my Zones Toolbox to pick a tool to feel better.

Concept	Vocabulary	Icon	Definition	Example Sentence
8	Reflect		To carefully think about something.	I will reflect on how I feel after using a regulation tool.
9	Impulse		A sudden urge to do something.	My impulse is to run away when I see a bee.
9	Options (Opt)		Choices we have in a situation.	I need to choose a lunch option , pizza or grilled cheese.
9	Goal		Something we work toward to accomplish or achieve.	My goal is to get this assignment done before bedtime.
10	Zones Pathway		Five steps we can follow to help us regulate.	I can use the Zones Pathway to regulate my feelings.
10	Outcome		The result of something.	I was upset about the outcome of the game because my team lost.