

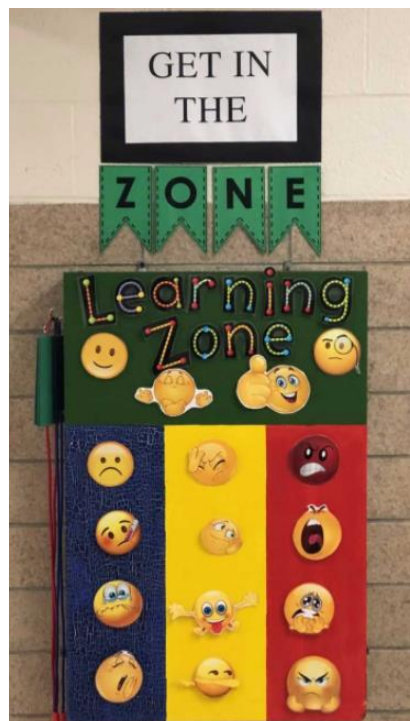
Vincent M. Igo Elementary School

INTRODUCING REGULATION STATIONS

As part of our school's efforts to implement a comprehensive social-emotional learning curriculum, we have introduced four "regulation stations" to our students and staff.

Recently, students have participated in lessons about the Zones of Regulation led by our school counselor. The Zones of Regulation is a program designed to teach students to recognize how they are feeling and, when necessary, identify strategies that will help them become calm and ready to learn.

There are four main zones as part of the program – the Blue Zone, Yellow Zone, Red Zone, and Green Zone. Each zone signifies a different level of alertness and/or emotions. The Blue Zone is when our bodies are running too slow. Feelings in this zone include sad, tired, sick, bored, and embarrassed. The Yellow Zone is when our bodies are running a little bit too fast. Feelings in this zone include frustrated, anxious/worried, silly, scared, and excited. The Red Zone is when our bodies are running way too fast and out of control. Feelings in this zone include angry, terrified, and elated. The Green Zone is when we are feeling just right and ready to learn.



Students are taught that the zones are not negative; however, there are “expected” times to be in each zone. For example, when you first wake up in the morning, it is expected that you would be in the Blue Zone. When you are listening to a teacher give a lesson, it is expected that you will be in the Green Zone. During recess, it is expected that you might be a little silly as you visit the Yellow Zone. If you learned that a special playdate was cancelled, it would be expected that you would be in the Red Zone.

Students are developing the skills and awareness to recognize which zone they are in and how to utilize a variety of strategies that might help them return to the Green Zone. They will work to develop their own personal collection of strategies that are most helpful for them when they are in each zone. Examples of strategies include getting a drink, taking deep breaths, jumping rope, or using a scooter board in the hallway.

Each main wing in our school hosts their own regulation station which all students are encouraged to utilize. We are excited with the students’ participation and growth in being able to self-identify their feelings and use effective strategies to return to their personal learning zone - important lifetime skills!

Finally, a special thank you to Mrs. LeBlanc, Igo School’s occupational therapist, and Mrs. Walsh, Gr. 1 teacher, for designing this unique tool for our students!