Dear Chambers Hill Parents,

We are happy to inform you that we will be continuing to implement at **The Zones of Regulation** curriculum (or "The Zones" for short), which are lessons and activities to help students gain skills in the area of self-regulation.

Self-regulation can go by many names, such as: self-control; self-management; and impulse control.

Common language between home and school can be very helpful for students. We have attached a list of terms and definitions for you, as well as, a visual of the Zones. **As a parent you can support your student at home during this process by doing the following:**

-Use the language and talk about the concepts of The Zones as they apply to you. For example, "This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths."

-Talk about what zone is "expected" in the situation or how a zone may have been "unexpected." For example when trick or treating it is expected to be excited and in the yellow zone, but the Yellow Zone is not expected when you are in math class.

-Help the student become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her zone with you.

-Show interest in learning about your student's triggers and Zones tools. Ask what tools they use to get back to the green zone

-Make sure you praise your student for being in the expected zone rather than only pointing out when his or her zone is unexpected.

It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the "bad" or "naughty" zones. All of the zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgment.

Below are links to videos and presentations. Feel free to watch them as a family so you can see how we are making learning about self-regulation fun and engaging for the students.

https://prezi.com/zyxbbhctbrga/the-zones-teaches-us-how-to/