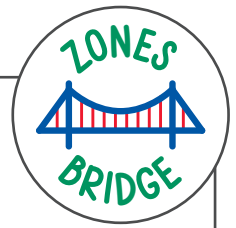


# Concept 10 – The Zones Pathway



## WHAT ARE WE LEARNING?

The Zones Pathway pulls together everything we have learned throughout the curriculum into five steps we can follow to help us regulate in any situation. The Zones Pathway is especially helpful when we're feeling uncomfortable or less regulated.

### 5 Steps In The Zones Pathway

1. Notice: What's the situation?
2. Check-In: What Zone am I in?
3. Decide: Do I need to regulate?
4. Regulate: Use a regulation tool.
5. Reflect: Is my regulation working well for me?

In the last step of the pathway, we reflect on our outcome and how our regulation is working for us. If our regulation is not working well, we can try the Zones Pathway again.



## WHY IS IT IMPORTANT?

As we practice the Zones Pathway over time, regulation becomes more natural, leading to more positive outcomes and a stronger sense of well-being.



## ASK AND SHARE

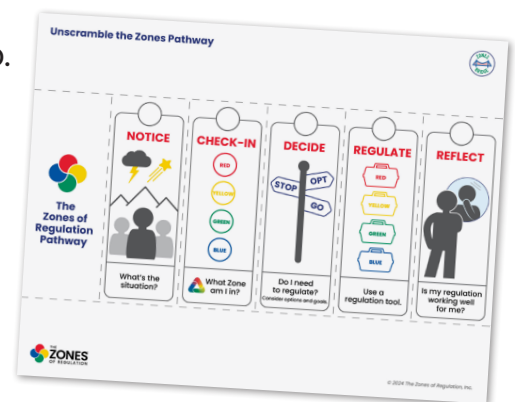
To help with learning, discuss these questions together.

- When might using the Zones Pathway help you regulate? Share a situation, trigger, or spark.
- What might be an outcome of using the pathway in that situation?



## BRIDGE ACTIVITY: UNSCRAMBLE THE ZONES PATHWAY

- 1 Cut out the Zones Pathway steps, then scramble them up.
- 2 Together, put the steps in order and number them as you glue or tape them to a sheet of paper to make a Zones Pathway poster. (You can use the steps above as a key.)
- 3 Act out using the Zones Pathway with common situations.
- 4 Display the Zones Pathway poster where everyone can see it. Use the Zones Pathway to think about and support regulation.





**NOTICE**

What's the situation?

**CHECK-IN**

What Zone am I in?

**DECIDE**

Do I need to regulate?  
Consider options and goals.

**REGULATE**

Use a regulation tool.

**REFLECT**

Is my regulation working well for me?