

Zones of Regulation:

Research & Evidence Base - THE ZONES OF REGULATION: A SOCIAL EMOTIONAL LEARNING PATHWAY TO REGULATION

- The Zones of Regulation, written by L. Kuypers and published by [Social Thinking](#) in 2011, has sold over 260,000 copies and counting, and has been widely implemented in homes, schools, districts, and clinical practices all over the world to address social emotional learning (SEL).
- The creation of The Zones of Regulation was based off clinical experience, seeing a need in the field to teach skills in the realm of regulation in a way learners could connect to and apply in context, all while layering together many theories, best practices and evidence as the foundation to inform and build The Zones' framework and lessons.
- The Zones of Regulation is a metacognitive framework for regulation and treatment approach that is based on immense evidence in the fields of autism, attention deficit disorders (ADD/HD), and social-emotional theories.
- It integrates best practices around Trauma Informed Care and mental health supports and aligns with the [CASEL SEL core competencies](#). The Zones integrates Systemizing Theory, Central Coherence Theory and Cognitive Behavior Management.
- It ties in Social Thinking®, visual supports and is a tool to build self-management skills. Some of these evidence-based practices are developmental in nature, while others are related to learning-styles, concepts or characteristics important to neurodiverse populations.

"The Impact of a Social Emotional Learning Curriculum on the Social-Em" by Michelle Dunn

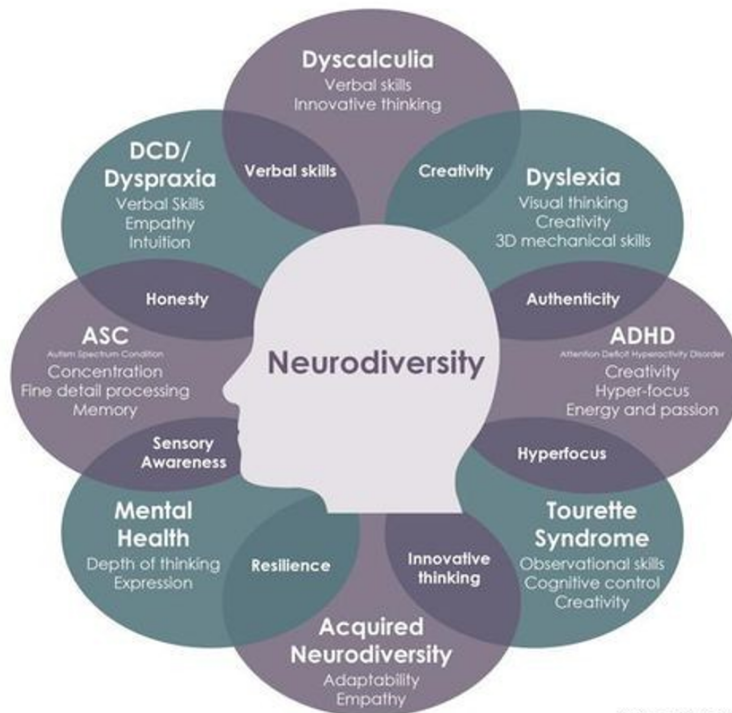
Modern Emotion Regulation Supports for Neurodivergent Learners | Kelly Mahler

ZONES OF REGULATION			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
SICK	HAPPY	FRUSTRATED	MAD/ANGRY
SAD	CALM	WORRIED	MEAN
TIRED	FEELING OKAY	SILLY/ WIGGLY	YELLING/ HITTING
BORED	FOCUSED	EXCITED	DISGUSTED
MOVING SLOWLY	READY TO LEARN	LOSS OF SOME CONTROL	OUT OF CONTROL

Example of “analogue” zones app



Neurodiversity:



Dr Nancy Doyle, based on the work of Mary Colley

Neurodivergent: What It Is, Symptoms & Types

- Neurodivergent is a nonmedical term that describes people whose brain develops or works differently for some reason. This means the person has different strengths and struggles from people whose brains develop or work more typically. While some people who are neurodivergent have medical conditions, it also happens to people where a medical condition or diagnosis hasn't been identified.

What Does It Mean to Be Neurodivergent?