THE ZONES OF REGULATION®
AND CASEL SEL CORE COMPETENCY AREAS

Self-Awareness

- Identifying the Four Zones in self and others
- Creating Zones Posters (L.1)
- Zones Bingo (L.2)
- Zones in Video (L.3)
- Zones Check-in (pg.96)
- Expected/ Unexpected Behavior (pg.48)
- The Zones in Me (L.4)
- Me in My Zones (L.6)
- My Zones Across the Day (L.8)
- Identifying Triggers (L.9)

Self-Management

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- My Zones Across the Day (L.8)
- Exploring Sensory Tools (L.10)
- Exploring Tools for Calming (L.11)
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- Size of the Problem, Size of the Reaction (pg. 122)
- Inner Coach vs. Inner Critic (pg.127)
- SuperFlex vs. RockBrain (pg.131)
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Responsible Decision-Making

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- Celebrating my Use of Tools (L.18)
- When to Use my Yellow Zones Tools (L.14)
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Relationship Skills

- Understanding Different Perspectives (L.5)
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- Good Thoughts vs. Uncomfortable Thoughts (pg. 51)
- Our Behavior Impacts Others (pg.50)
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Social Awareness

- Understanding Different Perspectives- Social Behavior Mapping (L.5)
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- Our Behavior Impacts Others (pg.50)
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- The Zones in Me- What Zones Should I be in? (L.4)
- Stop, Opt, and Go (L.17)

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