



Innisfil Central Public School

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L. Howlett-Lowe
Principal

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Dear Families,

Innisfil Central is adopting The Zones of Regulation © curriculum (or "The Zones" for short) school wide. Your child will be participating in lessons and activities to help him/her to gain skills in the area of self-regulation.

















The goals of The Zones of Regulation curriculum are for students to learn:

- How to recognize emotions in themselves and others
- About triggers which cause them to move between Zones
- Strategies to assist moving between the different Zones
- Problem solving strategies

You can support your child in learning The Zones by:

- Talking about The Zones – how you feel and how you see them feeling
- Talking about "expected" and "unexpected" emotions
- Share with your child how his or her behaviour is affecting the zone you are in and how you feel

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
   	   	   	   
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

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This program developed for the purpose of educating students and other professionals.

For more information about The Zones, please contact your child's classroom teacher.

Sincerely,

Lorna Howlett-Lowe
Principal

Soar Like An Eagle