School #23 families,

Every week, the kindergarten classrooms participate in lessons taught by our Speech Pathologist, Mrs. Strait. These lessons use concepts from the Zones of Regulation and Social thinking curriculum to help them learn to work in groups, regulate/identify emotions, and share space effectively. The students also work on developing language skills such as building vocabulary, basic concepts, and also reinforce the Essential 23 skills promoted in the building at that time.

**Here are some of the *concepts they are familiar with*:**

**Whole body listening:**  we use our **eyes** (look at the person’s face and eyes to think about how they are feeling), **ears** (hearing the words people are saying), **mouth**(only making comments about what the topic is), **hands** (not distracting people or yourself), **feet** (quiet), **body** (shoulders turn toward the person who is talking), **brain**(thinking about what other people are saying) and **heart**(showing we care about what the other person is saying) when we are listening to others.

**Thinking with your eyes:** This means we use our **eye** **arrows** (looking at the person, noticing body language) to figure out what someone is talking about and thinking about. We use our eyes to make smart guesses about how someone is feeling. This builds inferencing/predicting skills.

**Flexible Thinking** When someone is willing to be flexible/bend/compromise, solve a problem in more than one way, change his/her thinking, and thinking about how others are feeling.

A Flexible Thinker:

* Tries really hard to deal with change
* Tries to stay calm
* Let’s other people have their way too
* Is able to think about lots of ways to solve a particular problem – and is a good problem-solver
* Is able to compromise!
* Is someone you’d want as a friend

**Using your inner coach-** positive self-talk/ “It’s OK, It’s only a game” “I can do it”

**Expected and Unexpected behaviors**: Behaviors aren’t “good or Bad” but can be described as expected or unexpected for the situation and how they make other people feel. For example, yelling is not a “bad” behavior when you are at a sports event or cheering (it would be expected/meaning it wouldn’t make other uncomfortable because cheering shows your interested in the game) but yelling in the classroom is Unexpected for the situation. Expected behaviors make other people feel comfortable when they are sharing space. They also make the person feel good about themselves.

**Space Invader** : a character/term to recognize that one’s body space has moved into another persons space. Use the one arm rule, elbow space, “don’t pop the person’s space bubble”

**Zones of regulation:** concepts used to help students self-regulate. Provides language for students and teachers to use to describe feelings and emotions/places them in a “zone” ZONES ARE NOT GOOD OR BAD/ Students should not be told “you are in the red zone or You are making me be in the red zone.” Red zone is also not a teaching moment. Tools can be taught when the student is not in the red zone by noticing body language/words used etc.

**Red zone:** heightened state of alertness. Extreme feelings/”out of control” (can be elated with happiness to the extreme of anger/rage)

**yellow zone:** Maintaining some control/proceeding with caution

**blue zone:**  the body is moving slow/low state of alertness (tired, sad, bored)

**green zone:**  being in control/ most learning is done in the green zone/ideal state of alertness (calm, content)

**Following the group plan:** when everyone is thinking about and doing the same thing (working together) instead of following their own plan

**BODY in the group:**

• Sitting or standing in the group’s circle or space

• Turning your body toward the group and speaker

• Looking with your eyes at the speaker(s)

• Using your body to show you are interested? (eye contact, nodding, “mhmm”, smiling)

**BRAIN in the group**

• Looking with your eyes at the speaker

• Aware of the topic

• Saying questions or comments about the topic

• Thinking about other people in the group