

# The Zones of Regulation & Make Social Learning Stick

## Teamed Up for a **Live Recorded Q&A** on Resources & Ideas to Support Distance Learning

Navigating the challenges of social distancing, proactive ideas for supporting your kids, and taking care of yourself during these uncertain times

In partnership, [Leah Kuypers](#), [Elizabeth Sautter](#) and [Emily Walz](#)  
(available on [The Zones of Regulation Facebook Live](#) and [YouTube](#))

1. Ideas and Visuals for Distant Learning (click [here](#) to listen to the detailed descriptions)
2. Free and Discounted Materials
3. Links to Resources Discussed
4. Accessing Future Information

### 1. Ideas for Distance Learning

#### Create your own Visuals for Home

1. Create a schedule for the home routine ([FREE PDFs and Videos and Blog from Make Social Learning Stick](#) - watch a video and receive handouts on how to manage emotions and build structure in your home)
2. Zones Check In\* - caregivers can create an in-home check-in and hang in a common place in the house or teachers and practitioners can make one on-line
3. Triggers\* - develop a visual of what your triggers and your family's and share with others (Zones Lesson 9, Reproducible P)
4. Tool Box\* - make a box of common tools to help navigate you through your Zones as well as your family (Zones Lesson 13, Reproducible Z)
5. Regulation Station - design a calming corner or area where you can take a break

6. School Name and Mascot - create a name and mascot for your homebound school to represent a community

\*Extension ideas are adapted from *The Zones of Regulation* curriculum (Kuypers, 2011)  
[www.zonesofregulation.com](http://www.zonesofregulation.com)

## 2. Free and Discounted Material

1. [Discount on The Zones of Regulation Apps](#) - HUGE APP SALE UNTIL MARCH 25TH - 60% PLUS OFF! (Download at your App Store)
2. [Discount on book, \*Make Social Learning Stick\*](#) - Buy the book AT COST UNTIL MARCH 25TH and then 50% off after the date
3. [FREE PDFs and Videos and Blog from Make Social Learning Stick](#) - watch a video and receive handouts on how to manage emotions and build structure in your home
4. [FREE Reproducibles on Zones Website](#) - Print or download 3 widely used reproducibles to be used in conjunction with The Zones Book
5. [Sample Zones Check In](#) - use it for inspiration to adapt and create your own. Adapted from The Zones of Regulation (Kuypers, 2011)
6. [The Zones Book Nook](#) - is a list of books recommended that can be used to teach and reinforce Zones of Regulation concepts and social emotional learning

## 3. Links to Resources Discussed

1. Great for our little (and maybe our not-so-little) ones: A COVID-19 Social Story by the Autism Educator:  
<https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>
2. From the National Association of School Psychologists: Talking to Children About COVID-19: A Parent Resource  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
3. Talking to your kids about Coronavirus: PBS Video  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
4. Handwashing Video:

<https://www.facebook.com/leslie.darwinobrien/videos/2840712709308513/UzpfSTc1NTY5NDk4NDQ3MTEyNDozNzk0MzMxNDQ3Mjc0MTE0/>

<https://youtu.be/1cFJeggKT8w>

5. NPR web-comic

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

6. BrainPop video

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

7. 1000 Petals: Streaming free Yoga/Mindfulness daily at 4pm Central on Facebook page and creators of Move Mindfully cards

<https://1000-petals.com/>

## 4. Accessing Future Information

1. Follow [The Zones of Regulation](#) and [Make Social Learning Stick](#) on Social Media
  - a. Facebook, Twitter, Instagram, Pinterest
  - b. [The Zones of Regulation in Action](#) - a closed Facebook page where professionals share ideas, questions, implementation, etc.
2. Register for [The Zones of Regulation](#) Newsletter and [Make Social Learning Stick](#) Newsletter