

Strategy	Executive Function Skill	Related Competencies, Facets, and I Statements Communication = <b>C</b> , Thinking = <b>T</b> , Personal and Social = <b>PS</b>
<p><b>Zones of Regulation</b></p> <p>Zones of Regulation is an evidence-based framework created by Leah Kuypers, Occupational Therapist, to support self-regulation and emotional control. This program is suitable for all students and written in a teacher-friendly format.</p> <p><a href="#">The Zones of Regulation</a> (Leah Kuypers, MA Ed., OTR/L)</p>	<p>Emotional Control</p> <p>Inhibition</p> <p>Flexibility/Shift</p> <p>Task Initiation</p> <p>Task Monitoring</p>	<p><b>C – Connect and Engage with Others</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I am an active listener; I support and encourage the person speaking.</li> </ul> <p><b>T – Generating Ideas</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I have deliberate strategies for quieting my conscious mind (e.g. walking away for a while, doing something relaxing, being deliberately playful so that I can be more creative.)</li> </ul> <p><b>PS - Personal Strengths &amp; Abilities</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can identify my individual characteristics.</li> </ul> <p><b>PS - Self-Regulation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can sometimes recognize emotions.</li> <li><input type="checkbox"/> I can use strategies that help me manage my feelings and emotions.</li> <li><input type="checkbox"/> I can persevere with challenging tasks.</li> </ul> <p><b>PS - Well-Being</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can participate in activities that support my well-being and tell/show how they help me.</li> <li><input type="checkbox"/> I can take some responsibility for my physical and emotional well-being.</li> <li><input type="checkbox"/> I can use strategies to find peace in stressful times.</li> <li><input type="checkbox"/> I can sustain a healthy and balanced lifestyle.</li> </ul>



		<p><b>PS - Contributing to Community &amp; Caring for the Environment</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> With some support, I can be part of a group.</li><li><input type="checkbox"/> I can identify how my actions and the actions of others affect my community and the natural environment and can work to make positive change.</li></ul> <p><b>PS - Valuing Diversity</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> With some direction, I can demonstrate respectful and inclusive behaviours.</li></ul> <p><b>PS - Building Relationships</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> With some support, I can be part of a group.</li><li><input type="checkbox"/> I am kind to others, can work or play cooperatively, and can build relationships with people of my choosing.</li></ul>
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