TEACHING STRATEGIES
FOR SOCIAL AWARENESS
AND SELF-REGULATION

Jill Shedd
GSHA 2015

Disclosure Information
• I have no relevant financial relationships to disclose regarding the materials presented.
• I have received permission from the author to reference Color Zones of Regulation, by Leah Kuyper, and any printed materials demonstrated.
• I am a member of the Executive Council for GSHA and work for Henry County Schools, but receive no compensation for today’s presentation.

Why talk about regulation
in Speech or Communication Class?
• The basic communication model remains the focus of my therapy.
• Kids know how to talk by the time they come see me. They just don’t know how to communicate.
• Some people have a hard time finding their balance in social situations across settings.
• Many students are still experimenting with physical manifestations of emotion throughout adolescence.

Essential Vocabulary
• Emotion • Visible
• Disappointment • Reactions
• Dangerous • Physical
• Aggression • Manage
• Hostile • Reflection
• Confident • Projection
• Nervous • Offensive
• Anxious • Alternative
<table>
<thead>
<tr>
<th>Method</th>
<th>Green</th>
</tr>
</thead>
</table>
| • Identify the 4 color zones according to physical attributes  
• Rehearse responses  
• Practice phrases  
• Partner trials  
• Rotations | • What does it mean to you? |

<table>
<thead>
<tr>
<th>Blue</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>• What would you expect to see?</td>
<td>• What is recognizable?</td>
</tr>
</tbody>
</table>
Yellow
• What is noticeable?

Rehearsed Responses
• Write a script.
• Apply the script.
• Look for examples in the environment.
• Listen for opportunities to use “I speak”.

Practice the phrases
• Use tokens or whatever works for your students.
• Use the results of the tokens for an extra boost.
• Find another way to generalize.

Rotations
• Uno Card Race Game with board
• Magazine Search
• Charades with mirror
• Uno Game- Revised
Other Adaptations

- Which populations would benefit from this?
- How could you adapt it for AAC?
- What other materials do you have that might work?
- How could you increase the use of vocabulary skills?

Triggers and Tools

- Understanding the Zones is the first step.
- Recognizing triggers facilitates self-awareness.
- Figuring out effective tools for coping changes behavior.

Identify Tools

- What tools work for you when you are in different zones?
- Let’s add some recommended sensory ideas for each unexpected color zone.

Take Away…

- Make you own cards
- More practice with scripts, using Challenge Cards
- Come touch and feel materials