

The Zone

I would like to take this time to introduce myself and to introduce the Zone to the St. Anthony community. My name is Mrs. Valerie and this year I will be at St. Anthony full time working in the Zone to support all the students in the school! My background is in Behavior Analysis supporting students of all ages and abilities. For the last several years I have been working with students teaching self-regulation skills and supporting them as they navigate the sometimes difficult social interactions with their peers.



“What do I need?”



The Zone is a space set up to offer a variety of tools for students to use as they begin learning the important skill set of self-regulation. I use the Zones of Regulation Curriculum to help students identify how they are feeling and then guide them in choosing what tool(s) might help them return to an emotional state best suited for learning. Some of

the possible tools that are available in the Zone are: coloring independently, pedaling a stationary bike, taking a few quiet minutes in the teepee, sitting on a bean bag chair with a quiet fidget, using one of the large yoga balls (older students) or the “peanut” (younger students mostly), beading, Kinetic sand, drawing at the “How do I feel?” table and talking about what’s bothering them.



A student may be asked by their classroom teacher to take a break in the Zone or a student may ask independently. Breaks are highly structured and with the specific goal of helping the student refocus and return to class ready to learn. These structured breaks typically take 5 to 10 minutes and each student works independently while working to re-focus.

I look forward to a great year with the St. Anthony community!

Mrs. Valerie