



Woodland Park Elementary

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Zones of Regulation

Woodland Park always wants to set our students up for success. One way we can help is to provide tools to students to monitor and adjust their emotions and alertness. We call this self-regulation.

Self-regulation is the best state of alertness of both the body and emotions for the specific situation. For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library. The lessons and learning activities are designed to help the students recognize when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in.

Each class will integrate the “zones of regulation” in different ways that will best suit the needs of the students. This plan will give all students and staff some common language to use around behaviour and emotions.