

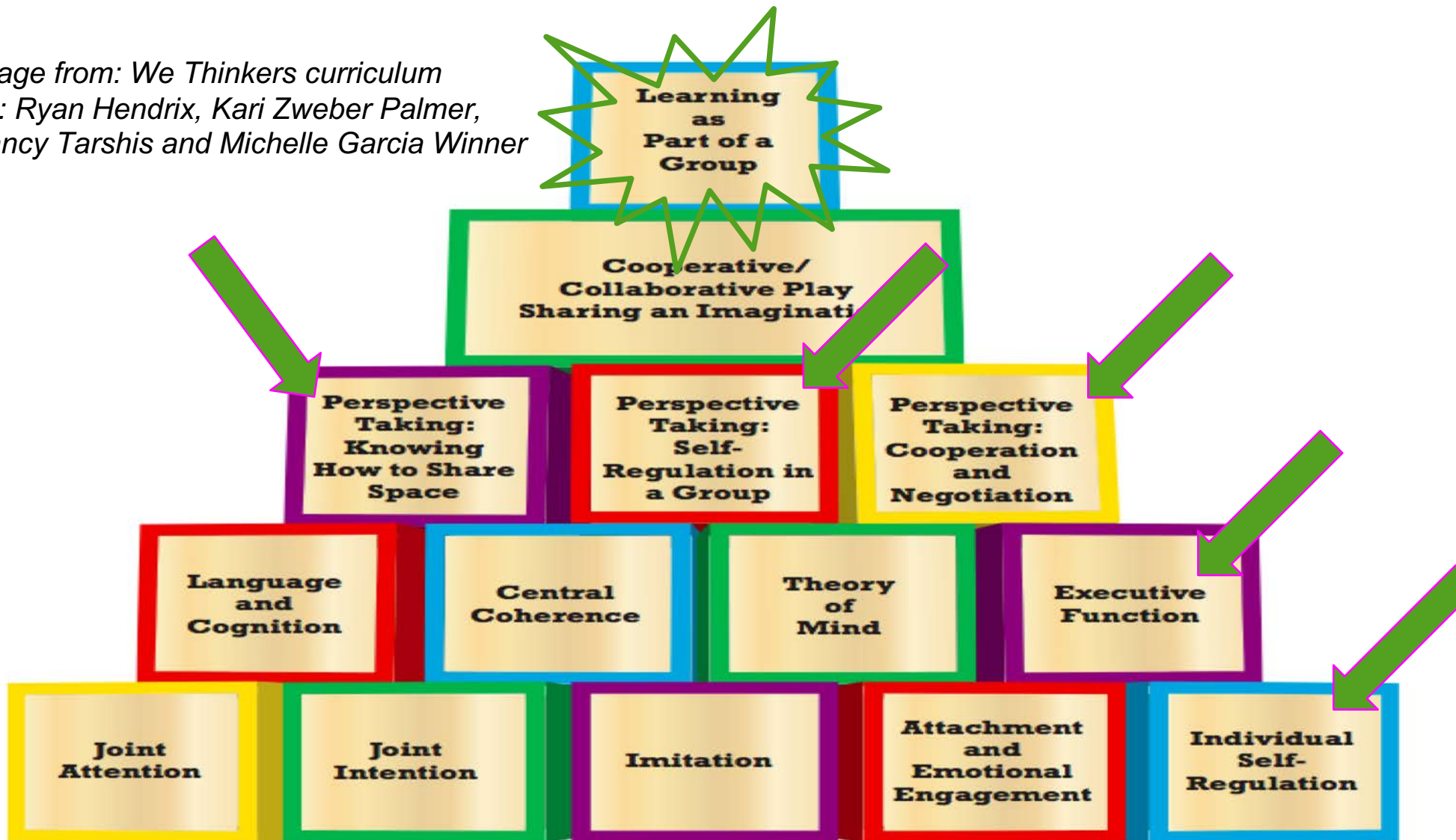


# Self-Regulation at Harper

## Group Plan

1. Introductions
2. Skills needed to learn in a group
3. Programs & interventions:
  - Zones of Regulation
  - Social Thinking
  - We Thinkers
  - Superflex & the Team of Unthinkables
  - Interoception
  - Check in check out, points sheets, direct behavior rating
  - 1,2,3 Magic
  - Mindfulness
  - Accommodations & “Tools”
4. Some Logistics
5. Questions

Image from: *We Thinkers* curriculum  
By: Ryan Hendrix, Kari Zweber Palmer,  
Nancy Tarshis and Michelle Garcia Winner



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Nancy Tarshis and Michelle Garcia Winner*



# THE ZONES OF REGULATION<sup>®</sup>

**BLUE ZONE**

**GREEN ZONE**

**YELLOW ZONE**

**RED ZONE**

**Blue Zone Tools**

Stretch

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**Green Zone Tools**

Drink water

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**Yellow Zone Tools**

Deep breaths

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**Red Zone Tools**

Take a break

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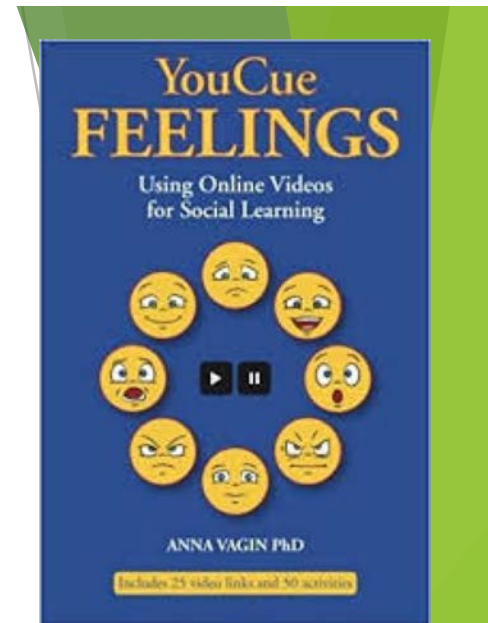
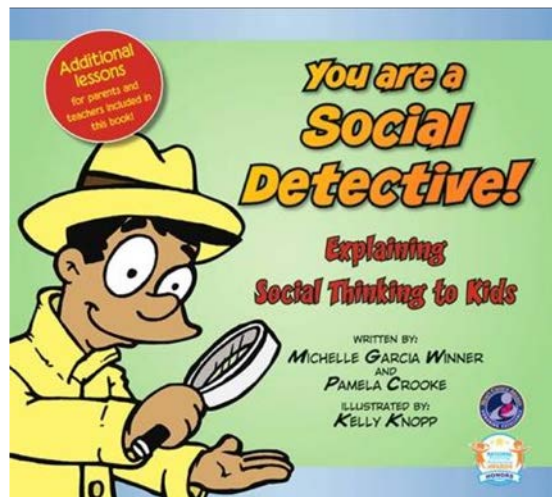
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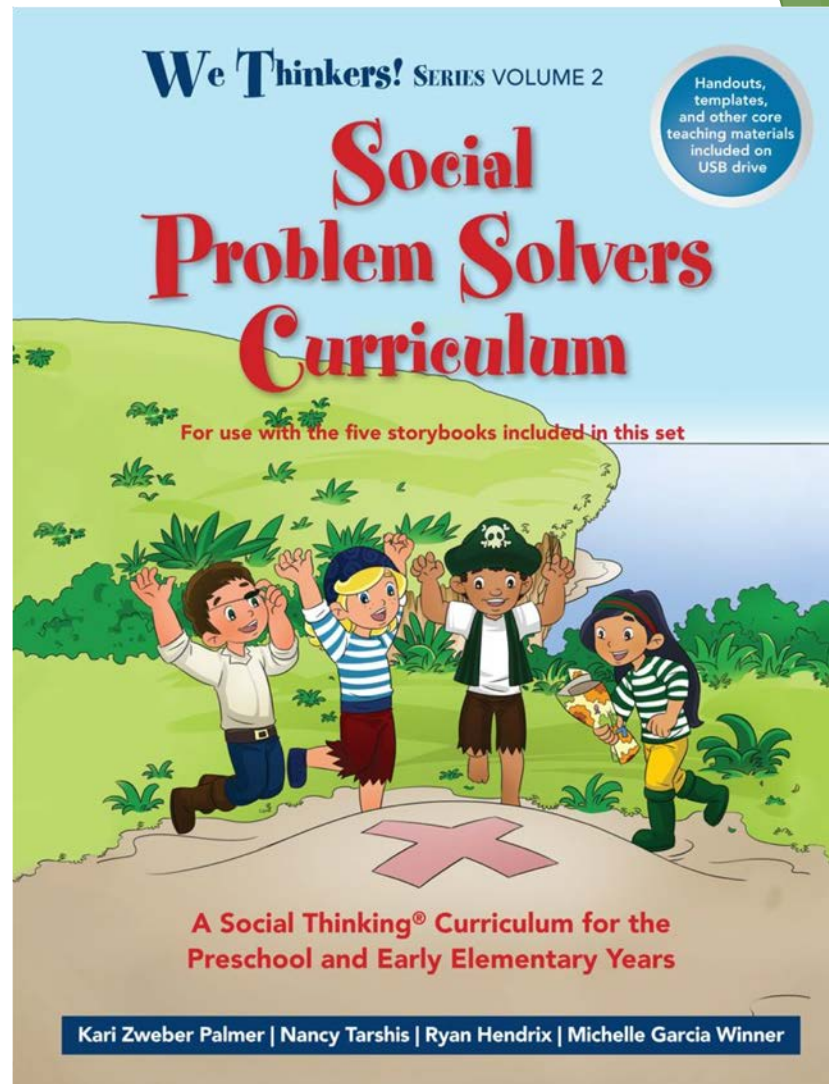
# Social Thinking™

- Framework that teaches strategies to develop social competencies to effectively respond to social information and expectations
- Skills include social awareness, executive functioning, perspective taking, social problem solving



# We Thinkers

1. Thinking thoughts & feeling feelings
2. Group plan
3. Think with your eyes
4. Body in the group
5. Whole body listening
6. Hidden rules
7. Expected/unexpected
8. Flexible vs stuck thinking
9. Size of the problem
10. Sharing an imagination





# SUPERFLEX™ and the Thinkables!

Superflex is the superhero that lives inside each of us and helps us learn to be more flexible thinkers! When we're doing or saying something that is socially "unexpected" one or more Unthinkable are invading our brains. We can call on our Superflex to help us use our Superflexible strategies to defeat the Unthinkable and get back on track. As we get better and better at using our Superflexible powers to silence an Unthinkable's behavior before it occurs, Thinkables start appearing to help us keep doing that! Superflex and the entire Team of Thinkables help citizens everywhere stay Superflexible in their thinking as they interact with others at school, at home, and... everywhere!



**Stuck** - I help you be thinker so you stuck on your thoughts r plans.



**Worries** - I help you stay calm and positive to stay in control and defeat your worries.



**Attention** - I help you attention to and t other people's al space bubbles.



**Cool Q. Cumber** - I help you stay calm (cool as a cucumber) when problems come up so you can see they are small and react with a small reaction.



**Focus Tree** - I help give you focusing powers so your brain can stay connected to what others are talking about or what you are doing.



**Time Place People** - I help you know the right time and right place to use humor.



**Remember** - I help you remember conversations are also about about the other person or al finding out about them.



**LOVE** - I help you use your positive thinking so you can cooperate and be flexible during sports and games.



**Stick-With-It** - I help you keep your body with the group and your shoulders turned toward the group.



**Meditation Matt** - I help you try to be calm throughout your day, so you can stop and think about making good choices.



**Wonder** - I remind y think about and ur social wonder is so you can keep r person interested the conversation.



**Nice Words/Brick** - I help you say nice, friendly words to others even if you don't feel like being friendly.



**Trucker** - I help you stay on the right track or topic the group is talking about.



**Sunny Side** - I help you see the good things in a day and feel pretty good about your life so you can always show your "sunny" side to others.

# SUPERFLEX™ ... A Superhero Social Thinking® Curriculum



BY STEPHANIE MADRIGAL & MICHELLE GARCIA WINNER



# SUPERFLEX™ takes on the Unthinkables!



**Stuck** - I make people get stuck on their ideas.



**Worries** - I make people worry too much.



**Attention** - I get people to invade others' personal space.



**Cumber** - I make people have huge upset reactions.



**Focus Tree** - I distract people.



**Time Place People** - I get people to use humor at the wrong time, the wrong place or with the wrong person.



**Remember** - I get people to only talk about themselves.



**LOVE** - I make people overly competitive.



**Stick-With-It** - I move people's bodies away from the group.



**Meditation Matt** - I give people too much energy.



**Wonder** - I don't let people to socially wonder about others.



**Nice Words/Brick** - I get people to act mean and bossy.



**Trucker** - I make people jump off topic.



**Sunny Side** - I put people in grumpy moods.



YOU  
**FEEL**  
HUNGRY  
BECAUSE OF  
**INTEROCEPTION**





# Check-in/Check-out, Points sheets, & Direct behavior rating

Goal or strategy for today: \_\_\_\_\_

	I was on task.											Total	Teacher Initials	
	Never 0%	Sometimes 50%									Always 100%			
ELA	0	1	2	3	4	5	6	7	8	9	10			
Math	0	1	2	3	4	5	6	7	8	9	10			
Homework														
<input type="checkbox"/> Yes <input type="checkbox"/> No														

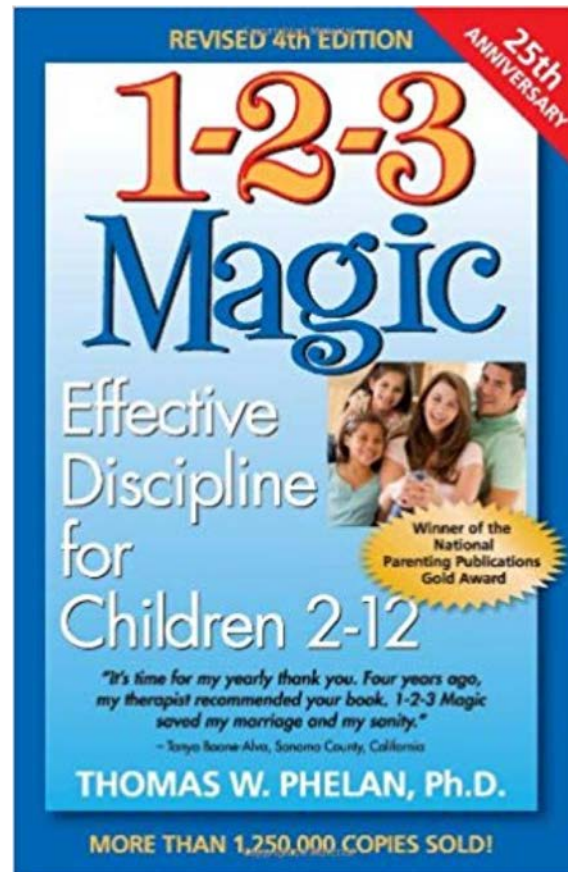
Date: \_\_\_\_\_

	I had expected words and volume	I had expected body	Zone	B O N U S	T o t a l
P.E	2 1 0	2 1 0	B G Y R		
Morning class	2 1 0	2 1 0	B G Y R		
Recess & Lunch	2 1 0	2 1 0	B G Y R		
Special	2 1 0	2 1 0	B G Y R		
Special	2 1 0	2 1 0	B G Y R		
WIN	2 1 0	2 1 0	B G Y R		
Afternoon class	2 1 0	2 1 0	B G Y R		

2= awesome!      1= ok      0= try tomorrow





Goal : 90% of points      Percent: \_\_\_\_\_

# 1, 2, 3 Magic



# Better Choices Chart/ Think Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ Staff: \_\_\_\_\_

<p>What was the situation?</p>	<p>What I did that was unexpected:</p>	<p>How my behavior affected people:</p>  	<p>What is the result of my behavior?</p>
	<p>Zone: Blue Green Yellow Red</p>		
	<p>Unthinkable?</p>		
<p>What was the problem OR how I was feeling?</p>	<p>Next time I will ....</p>	<p>How my behavior would affect people:</p>  	<p>The results might be:</p>
	<p>Strategy or tool that would help:</p>		

Name: \_\_\_\_\_ Location: \_\_\_\_\_

Teacher: \_\_\_\_\_ Date: \_\_\_\_\_


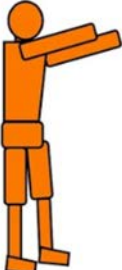
## RESET

<p><u>What I did that was unexpected:</u></p>
<p><u>Why did I do it? What was the problem or how I was feeling?</u></p>
<p><u>Next time I have this problem or feeling, my plan is....</u></p>
<p><u>What is the consequence of my behavior?</u></p>

# Mindfulness



# Accommodations & “Tools”



## Squats

### Up and Down


Up and down movements help develop your vestibular system. The VS detects mechanical forces such as gravity and stimulates the inner ear, which helps you maintain stable posture and balance while moving.

**Step 1**  
Stand with feet a little wider than shoulder-width apart.

**Step 2**  
Extent arms out so they are parallel to the ground.

**Step 3**  
Keep your back straight while slowly sitting in an imaginary chair.

**Step 4**  
Keep body weight on heels and return to standing position.



Scan the QR code for a video demonstration



## Some Logistics





Questions?



**Book List from PASS 39 Meeting, December 17, 2018**  
Self-Regulation

- Interoception: The Eight Sensory System by Kelly Mahler, MS, OTR/L
- YouCue Feelings: Using Online Videos for Social Learning by Anna Vagin, Ph.D
- Superflex: Superflex takes on Rock Brain and the Team of Unthinkable...A New Beginning... by Stephanie Madrigal
- Social Thinking and Me: Thinksheets for Social Emotional Learning by Linda K. Murphy and Michelle Garcia Winner
- Social Fortune or Social Fate: A Social Thinking Graphic Novel Map for Social Quest Seekers by Pamela Crooke and Michelle Garcia Winner
- Social Thinking and Me: Kids' Guidebook to Social Emotional Learning by Michelle Garcia Winner and Linda K. Murphy
- Superflex takes on Glassman and the Team of Unthinkables by Stephanie Madrigal & Michelle Garcia Winner
- Superflex takes on Brain Eater and the Team of Unthinkables by Stephanie Madrigal & Michelle Garcia Winner
- The Zones of Regulation: A Curriculum Designed to Foster Self-Regulation and Emotional Control by Leah M. Kuuypers, MA Ed. OTR/L
- Size of the Problem from We Thinkers! Series, by Ryan Hendrix, Kari Zweber Palmer, Nancy Tarshis & Michelle Garcia Winner
- Flexible and Stuck Thinking from We Thinkers! Series, by Ryan Hendrix, Kari Zweber Palmer, Nancy Tarshis & Michelle Garcia Winner
- Superflex...A Superhero Social Thinking Curriculum by Stephanie Madrigal & Michelle Garcia Winner