

Sample Language for a Grant or Funding Application

Basic Program Information

- **Program Name:** The Zones of Regulation
- **Grade Levels Served:** PK-12 (primarily used with elementary/middle grades and special education programs; training available for use with early childhood and adolescents)
- **Delivery Format:** 100% digital, subscription-based, with livestream and on-demand trainings

Program Description

The Zones of Regulation® Digital Curriculum (Kuypers, 2024) supports the emotional regulation development of learners ages 4-adulthood, and is primarily used within elementary and middle school settings. The Zones teaches students to categorize their feelings, energy, and regulation tools into four colored Zones: Blue, Green, Yellow, and Red. This simple framework helps learners develop communication around their emotions, problem-solving skills, and regulation competencies. The evidence-based Digital Curriculum can be flexibly implemented in Tier-1 social emotional learning instruction, Tier-2 or 3 interventions, or special education services. The Zones of Regulation fosters a common language and school climate where feelings are welcome, regulation is the norm, and well-being thrives.

Research & Evidence Base

The Zones of Regulation (Kuypers, 2011; 2024) is a research-based and evidence-based framework shown to increase self-regulation while reducing emotional dysregulation. The framework and curriculum are grounded in research related to neuroscience, mental and behavioral health, and developmental psychology. Studies have demonstrated statistically significant gains in learners' social-emotional competencies, emotional regulation, and teacher self-efficacy (Dunn & Goerdt, in press; Miller et al., in press; Ohlbock et al., 2024; Peters et al., 2024). For more information, please refer to the [Evidence of Effectiveness Brief](#).

Vendor & Ordering Information

- **Vendor Name:** The Zones of Regulation, Inc.
- **Website:** zonesofregulation.com
- **Purchase Site:** shop.zonesofregulation.com
- **Email:** info@zonesofregulation.com
- **Business Address:** 5532 Park Avenue, Minneapolis, MN 55417

Get Started with The Zones of Regulation

Interested in bringing The Zones to your school? Start by exploring our [free sample lesson](#) or [watch a demo](#) to see it in action.

