

The **ZONES** of Regulation

Today is					
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My timetable	Who/where I am	Zone I think I will be in	Zone I was in	Tools



Check in – go through the day and fill out.

- Use a personalised scale to get student to predict how it will go
- During the day adults support to get student to register how it went
- Student/adults can write specific things that went well 'I like it when' approach could possibly be used
- Check out look at how things went or fill out if there wasn't time in the day. Plan next day.
- Student takes home photocopy to share with home.
 Original in place for check in in the morning of the next day.