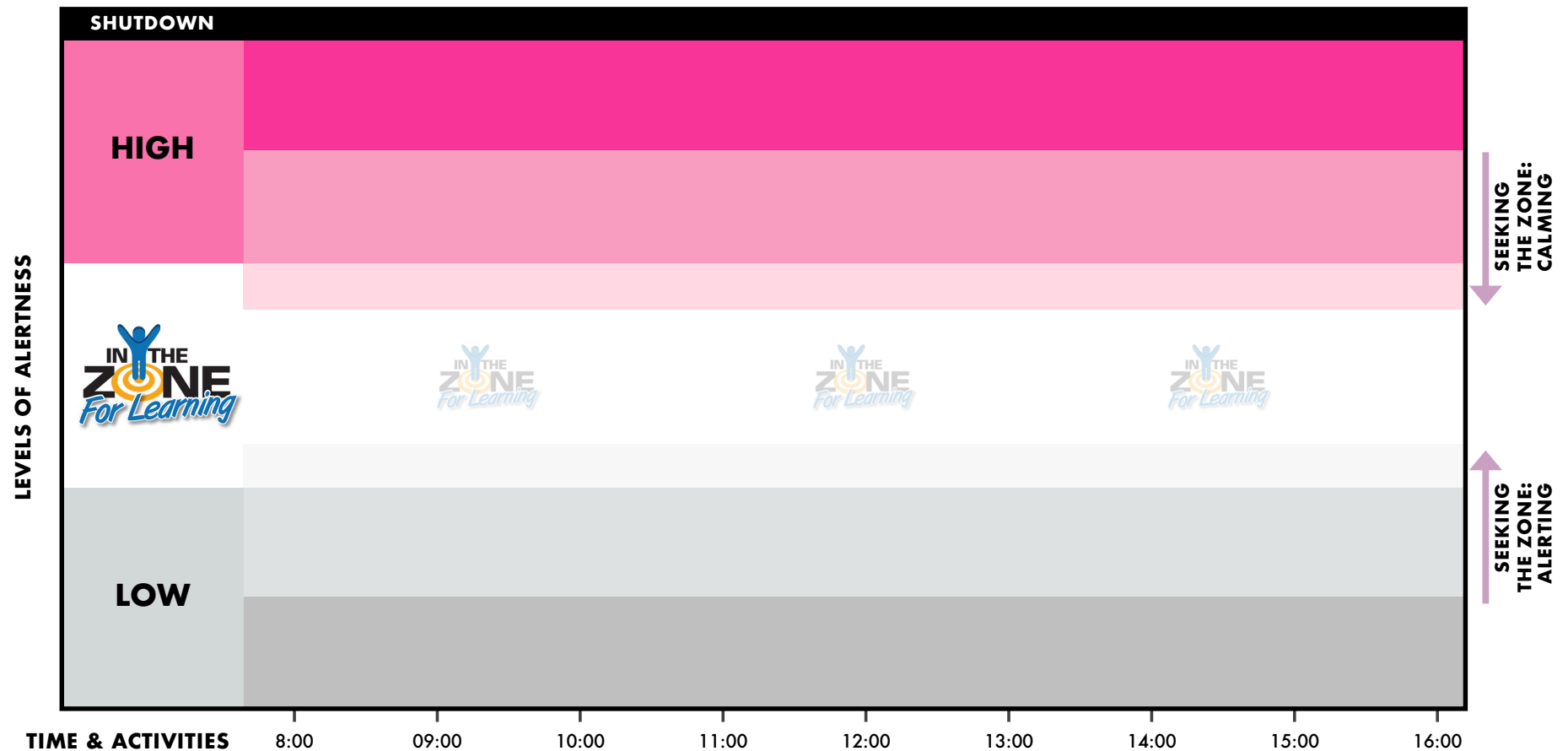


Student name: _____
 D/O/B: _____
 Educator name: _____
 Date: _____

WHEN IS MY STUDENT IN THE ZONE FOR LEARNING?



Record the student's levels of alertness throughout the day.
 When is my student calm yet alert, regulated, focused and in the zone for learning?

High – when is my student's level of alertness too high, over-responsive, dysregulated, anxious, or in fright/flight/fight?

Low – when is my student's level of alertness too low, dysregulated or under-responsive?

Seeking the zone – when is my student using self-regulation strategies and when did I use co-regulation strategies for calming or alerting?

Please refer to the:

- descriptors on the following pages for more details.
- online tutorial and ITZ student response checklist for a detailed sensory lens on over-responsive, under-responsive and seeking the zone.
- ITZ strategy tool for ways to support your students.