

## Zones Vocabulary

Listed below is additional vocabulary that is used in The Zones.

**Toolbox:** A collection of calming and alerting strategies a student can pull from depending on the present need.

**Tools or strategies:** Used interchangeably to refer to a calming or alerting technique that aids the student in regulation.

**Trigger:** An irritant that causes a student to become less regulated and increases the likelihood of going into the Yellow or Red Zone.

**Stop, Opt, and Go:** A concept used to aid students in controlling impulses and problem solving better solutions. This phrase is paired with a stop-light to provide additional cues for students.

**Expected behaviors<sup>1</sup>:** Behaviors that give people around you **good or comfortable thoughts** about you.

**Unexpected behaviors<sup>1</sup>:** Behaviors that give people **uncomfortable thoughts** about you.

**What is the size of the problem? and Is this a Big or Little Problem?<sup>1</sup>:**

Questions posed to help students measure the size of a problem they are experiencing (Big Problem, Medium Problem, or Little Problem).

**Big Problems:** Problems that many people share and that have no easy, quick, or pleasant solution.

**Medium Problems:** Problems some people share that are able to be resolved in an hour to a couple of days.

**Little Problems:** Problems that only affect one to two people and can be ignored or solved in a matter of minutes.

**Inner critic:** Used to describe negative, self-defeating thoughts.

**Inner coach:** Used to describe positive thoughts.

**Superflex thinking<sup>2</sup>:** A flexible thinking pattern in which a person is able to consider different points of view or ways to do something.

**Rock Brain thinking<sup>2</sup>:** A rigid thinking pattern in which a person gets stuck on an idea and has difficulty considering other options or ways to do something.

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1. Social Thinking vocabulary developed by Michelle Garcia Winner, *Thinking About You Thinking About Me* (2007)

2. Social Thinking vocabulary developed by Stephanie Madrigal and Michelle Garcia Winner, *Superflex: A Superhero Social Thinking Curriculum* (2008)