

The **ZONES** of Regulation™

Please note, Panda Class will be covering last year's Zones curriculum, which will be sent out separately.

Term 5 2025:

STOP, OPT and GO

This term, the children will learn a new concept: STOP, OPT and GO using a game format.

This is to support with impulse control and problem-solving alternative solutions to conflicts. 'Stop, Opt and Go' provides the children with an easy-to-remember phrase and a visual aid to help them slow down before acting on an impulse.



“Stop” – Stop before you act.

“Opt” – Think of all your options and how they will work out.

“Go” – Go with your best option.

Something to try at home:

Try using the “Stop, Opt and Go” phrase when reflecting with your child after they have been dysregulated to consider when they could have stopped, what the options may have been and which would have been the best option.

Gradually, your child may then start to apply this knowledge to new situations by using the process before they act impulsively. This does take time!