

Parent Zones Survey

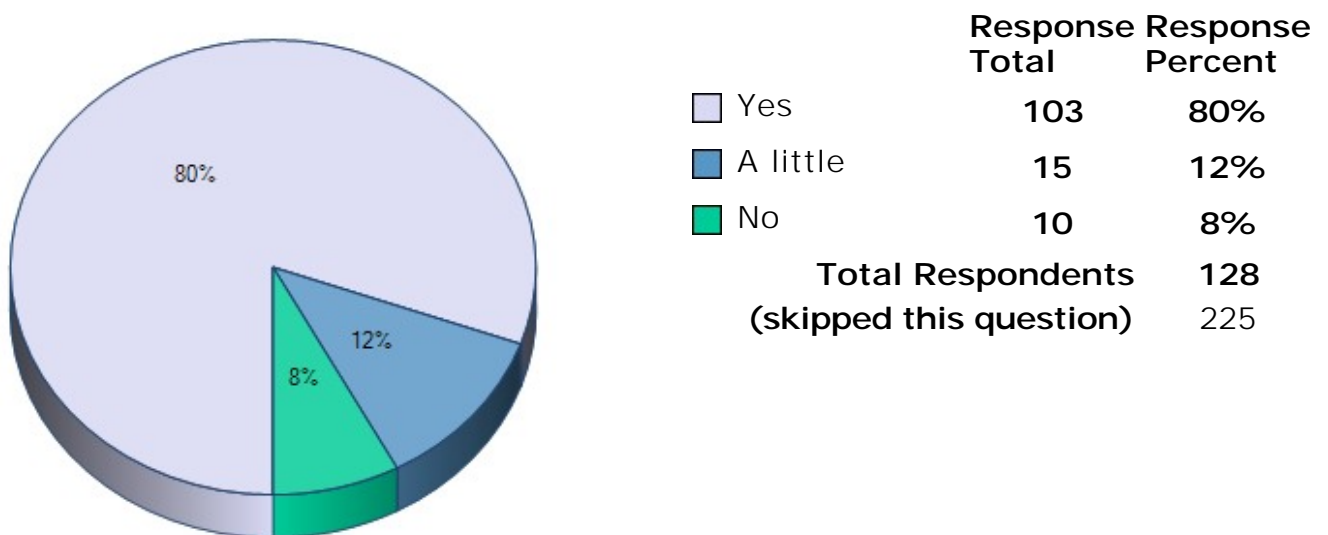
Survey Title:

Survey Properties:

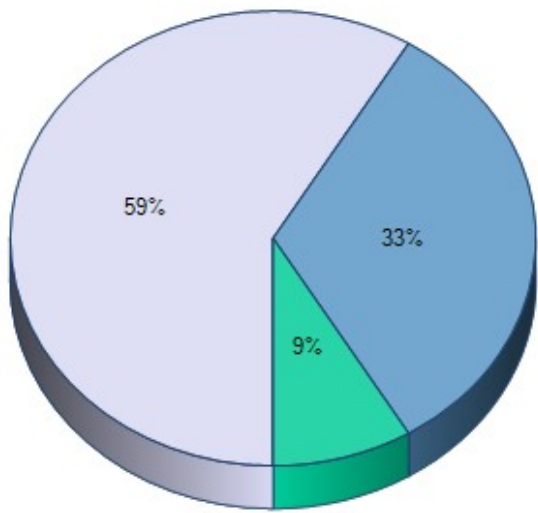
Total Respondents: 353

Responses By Question Analysis:

1. I know about the Zones of Regulation **program** used at Tomsett Elementary.

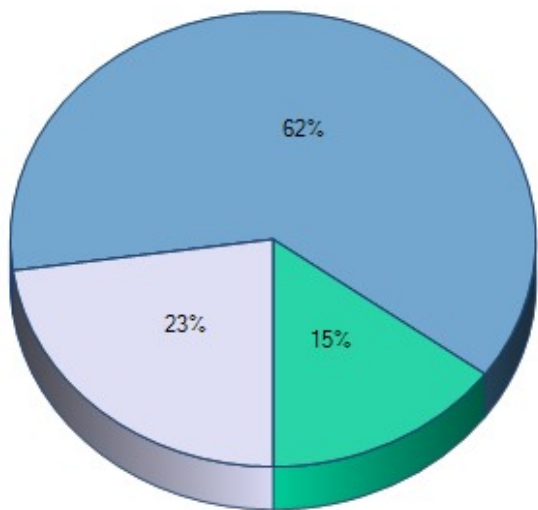


2. I know about the Zones of Regulation **strategies** used at Tomsett Elementary.



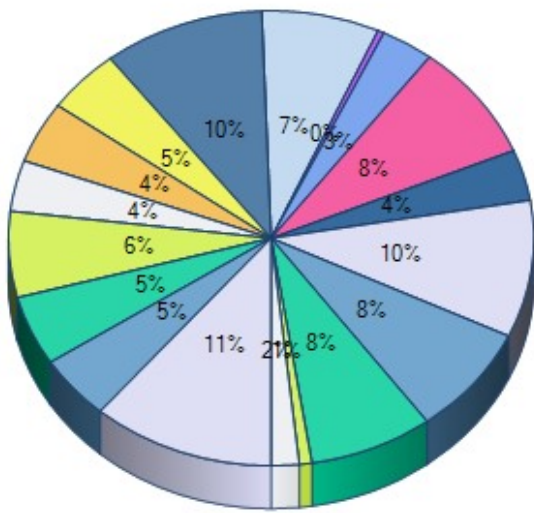
	Response Total	Response Percent
Yes	68	59%
A little	38	33%
No	10	9%
Total Respondents (skipped this question)	116	237

3.
I talk about the Zones of Regulation at home with my child.



	Response Total	Response Percent
A lot	26	23%
A little	71	62%
Never	17	15%
Total Respondents (skipped this question)	114	239

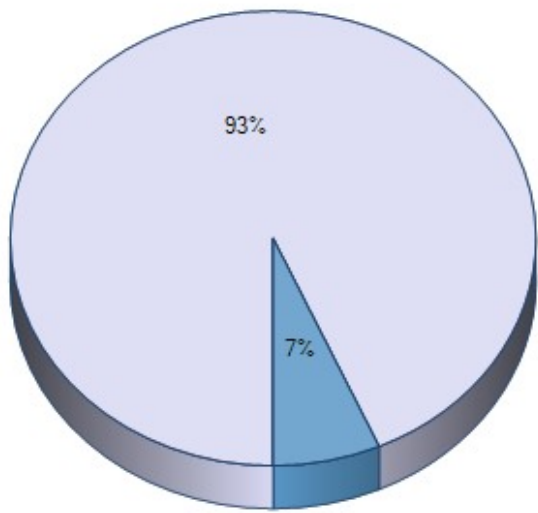
4.
Which strategies (or types of strategies) does your child use?



	Response Total	Response Percent
Breathing strategies	59	56%
Counting to 10	24	23%
Positive self-talk	26	25%
Taking a walk	32	30%
Tense/squeeze hands; release	19	18%
Stretching	23	22%
Using fidgets	24	23%
Drawing	52	49%
Listening to music	38	36%
Lifting something heavy	2	2%
Writing	17	16%
Talking about it	44	42%
Thinking about a calm place	19	18%
Taking a break	51	48%
Having a drink of water	41	39%
Having a snack	40	38%
None of these	4	4%
Other, please specify	9	8%
Total Respondents	106	
(skipped this question)	247	

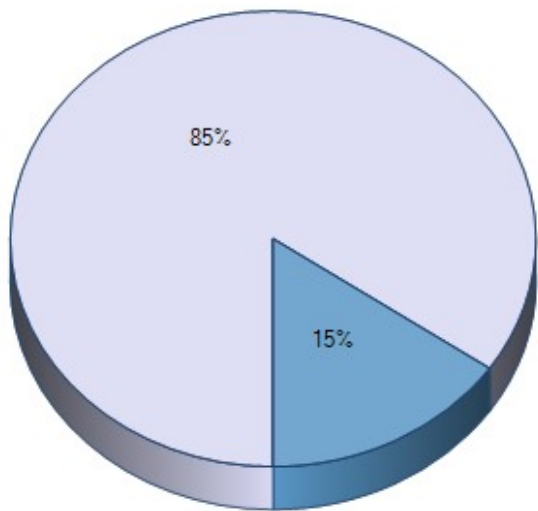
be alone or read a book
 over hug with my parents
 x
 stress ball
 calm down corner
 watch tv to zone out
 take a nap
 Remember places and things
 bring positive feeling
 ripping paper

5. Do you think that the Zones of Regulation have been helpful for your child?



	Response Total	Response Percent
Yes	99	93%
No	7	7%
Total Respondents	106	
(skipped this question)	247	

6. Is your child's Zones of Regulation magnet at home on your fridge (or somewhere visible)?



	Response Total	Response Percent
Yes	88	85%
No	16	15%
Total Respondents	104	
(skipped this question)	249	