

Student Zones Survey

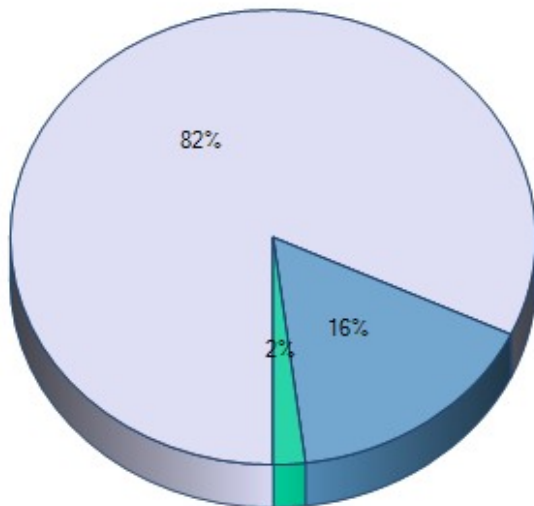
Survey Title:

Survey Properties:

Total Respondents: 521

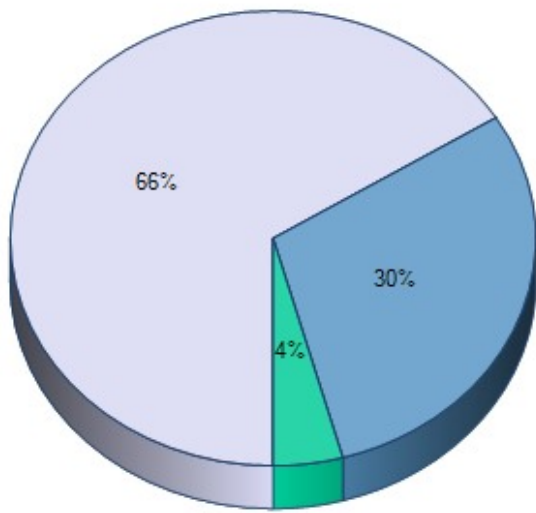
Responses By Question Analysis:

1.
I know the Zones of Regulation program, including the **colours and emotions**.



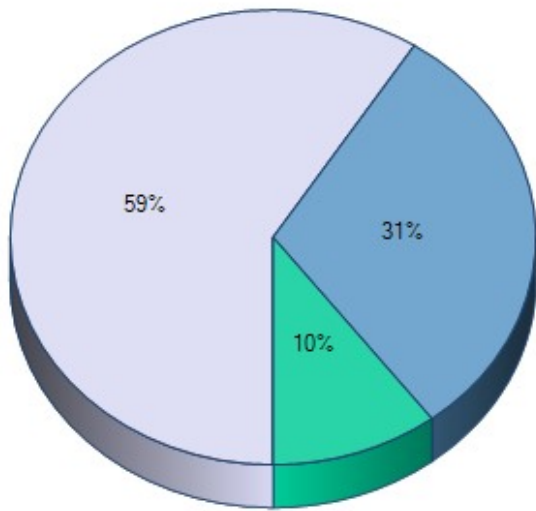
	Response Total	Response Percent
Yes	292	82%
A little	57	16%
No	7	2%
Total Respondents	356	
(skipped this question)	165	

2.
I know the Zones of Regulation **strategies**.



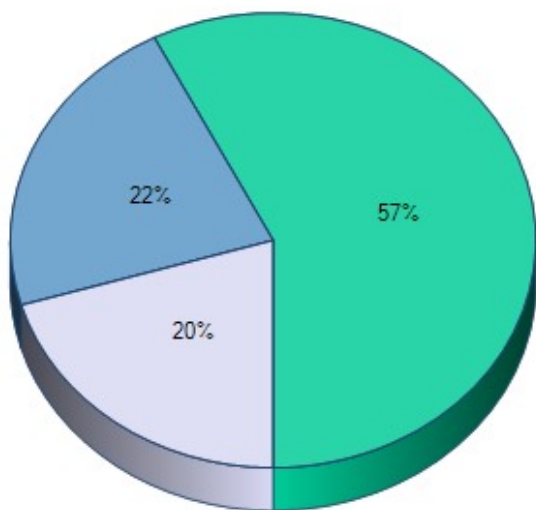
	Response Total	Response Percent
Yes	232	66%
A little	104	30%
No	15	4%
Total Respondents (skipped this question)	351	170

3. I can use the Zones of Regulation **strategies** at school on my own (independently).



	Response Total	Response Percent
Yes	206	59%
A little	107	31%
No	36	10%
Total Respondents (skipped this question)	349	172

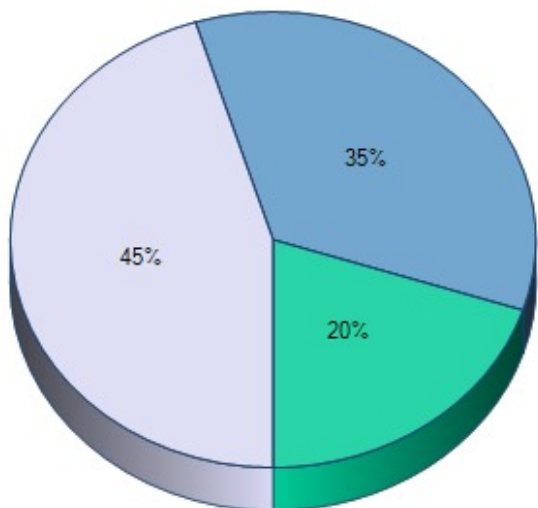
4. I need help from an adult to use the Zones of Regulation **strategies** at school.



	Response Total	Response Percent
Yes	71	20%
A little	77	22%
No	200	57%
Total Respondents (skipped this question)	348	173

5.

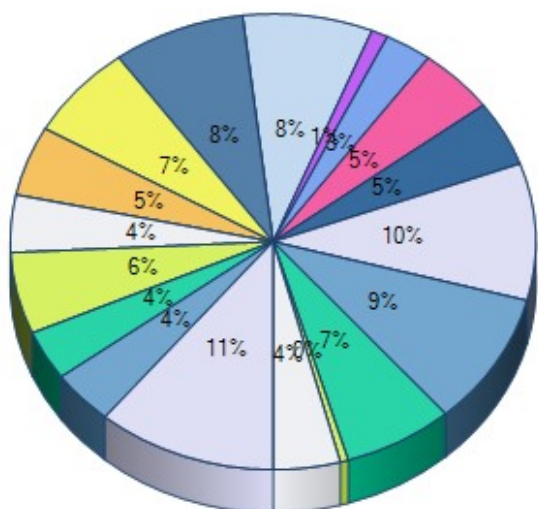
I use the Zones of Regulation **strategies** at home (with or without an adult helping me).



	Response Total	Response Percent
Yes	156	45%
A little	120	35%
No	69	20%
Total Respondents (skipped this question)	345	176

6.

Which **strategies** (or types of strategies) have you used?



	Response Total	Response Percent
Breathing strategies	225	66%
Counting to 10	79	23%
(Inner Coach) - positive self-talk	72	21%
Taking a walk	118	34%
Tense/squeeze hands; release	83	24%
Stretching	101	29%
Using fidgets	137	40%
Drawing	166	48%
Listening to music	163	48%
Lifting something heavy	21	6%
Writing	59	17%
Talking about it	96	28%
Thinking about a calm place	95	28%
Taking a break	198	58%

<input checked="" type="checkbox"/>	Having a drink of water	193	56%
<input checked="" type="checkbox"/>	Having a snack	138	40%
<input checked="" type="checkbox"/>	None of these	10	3%
<input type="checkbox"/>	Other, please specify	84	24%
Total Respondents (skipped this question)		343	178

Playing

SYSTEM: Checkbox was checked but no text entered.
I can't talk about it or else my grandma will say things like she's only little.

SYSTEM: Checkbox was checked but no text entered.
 Text my friend

SYSTEM: Checkbox was checked but no text entered.

Over hug my mom

Badminton

Roblox

SYSTEM: Checkbox was checked but no text entered.

Reading

reading

SYSTEM: Checkbox was checked but no text entered.

TALKING TO MY DOG

READING

TALKING TO MY FRIENDS

ask mom to open my wifi

SYSTEM: Checkbox was checked but no text entered.

Play

SYSTEM: Checkbox was checked but no text entered.

SYSTEM: Checkbox was checked but no text entered.

Play with mom

SYSTEM: Checkbox was checked but no text entered.

SYSTEM: Checkbox was checked but no text entered.

calm down corner

playing a game

Play with my dad

wear headphones

Taking a bath

Reading

SYSTEM: Checkbox was checked but no text entered.

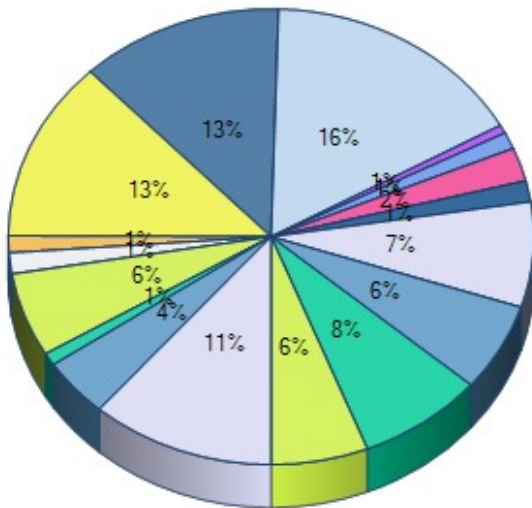
SYSTEM: Checkbox was checked but no text entered.

Don't think about it and forget about all the bad stuff

SYSTEM: Checkbox was checked but no text entered.
Play with figit
Screaming
SYSTEM: Checkbox was checked but no text entered.
play
SYSTEM: Checkbox was checked but no text entered.
Ripping paper
Play with my pets
SYSTEM: Checkbox was checked but no text entered.
showering (when at home),
singing/ humming
SYSTEM: Checkbox was checked but no text entered.
Taking the problem on a thing that is not living
Taking a nap
Video Games
SYSTEM: Checkbox was checked but no text entered.
Reading books
SYSTEM: Checkbox was checked but no text entered.
Watch electronics
SYSTEM: Checkbox was checked but no text entered.
Hanging out with my friends
Release the anger and negative talk
Do some sports
Playing video games
Just relaxing and sitting or laying down
SYSTEM: Checkbox was checked but no text entered.
SYSTEM: Checkbox was checked but no text entered.
Playing games/Watching TV
Sleeping
Sleeping
SYSTEM: Checkbox was checked but no text entered.
Running a lot
Home
playing video games
Daydreaming
Take a nap
Sleeping
Play video games
Doing gymnastics
Lay on my bed
sleep/nap
take a nap!
Taking a nap, exercise, and making books
Playing games
Sleeping
Playing Lego and video

game or tv
 Playing Roblox on any
 Device
 Sleep/nap
 Hugging my mother
 SYSTEM: Checkbox was
 checked but no text entered.
 SYSTEM: Checkbox was
 checked but no text entered.
 Calming sequence

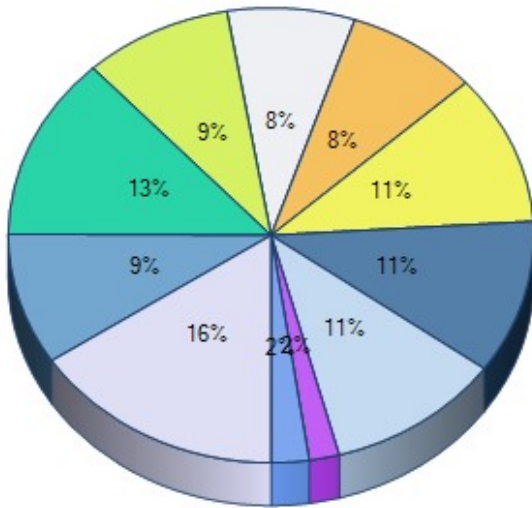
7.
 Which strategy is my **favourite** one to use (because it helps me the most)?



	Response Total	Response Percent
Breathing strategies	38	11%
Counting to 10	14	4%
(Inner Coach) - positive self-talk	3	1%
Taking a walk	20	6%
Tense/squeeze hands; release	5	1%
Stretching	4	1%
Using fidgets	43	13%
Drawing	42	13%
Listening to music	55	16%
Lifting something heavy	2	1%
Writing	4	1%
Talking about it	8	2%
Thinking about a calm place	5	1%
Taking a break	25	7%
Having a drink of water	21	6%
Having a snack	26	8%
None of these	20	6%
Total Respondents (skipped this question)	335	186

8.

The Zones of Regulation program helps me to:

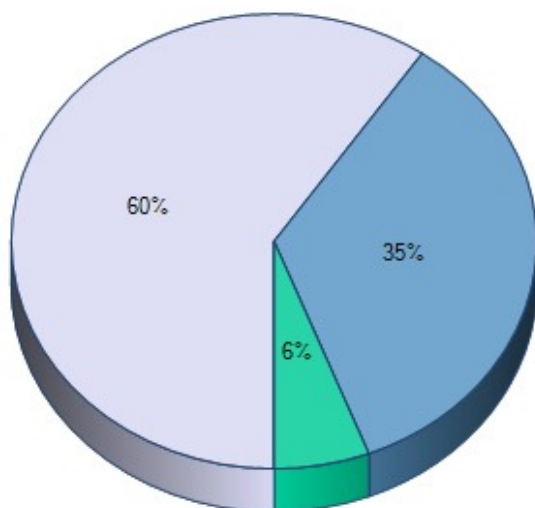


	Response Total	Response Percent
<input type="checkbox"/> feel better.	230	67%
<input type="checkbox"/> manage my emotions.	137	40%
<input type="checkbox"/> stay calm at school.	191	56%
<input type="checkbox"/> solve problems with my friends.	134	39%
<input type="checkbox"/> solve problems in class.	115	34%
<input type="checkbox"/> solve problems outside at recess and lunch.	119	35%
<input type="checkbox"/> get ready to learn at school.	157	46%
<input type="checkbox"/> stay focused at school.	160	47%
<input type="checkbox"/> stay calm at home.	159	46%
<input type="checkbox"/> None of these	27	8%
<input type="checkbox"/> Other, please specify	34	10%
Total Respondents	343	
(skipped this question)	178	

SYSTEM: Checkbox was checked but no text entered.
 SYSTEM: Checkbox was checked but no text entered.
 sleep better
 SYSTEM: Checkbox was checked but no text entered.
 Stay calm at school
 Sleeping
 SYSTEM: Checkbox was checked but no text entered.
Pokémon
 SYSTEM: Checkbox was checked but no text entered.
 Play Rubik cube and eat
 Eat pizza

SYSTEM: Checkbox was checked but no text entered.
 SYSTEM: Checkbox was checked but no text entered.
 Helps me be less anxious
 said sometimes to all of the ones checked
 To not throw tantrums and do unexpected behaviours
 Be calm
 said "a little" for most of these
 SYSTEM: Checkbox was checked but no text entered.
 SYSTEM: Checkbox was checked but no text entered.
 Watch electronics
 SYSTEM: Checkbox was checked but no text entered.
 have something to think about and not get bored
 Sing to music
 Listening to music/Oliver tree circuits
 Not be toxic >:)
 Feel happy
 I feel good all the time
 Nothing really
 Makes me confident and calm anywhere.
 Sleeping
 I'm chill at 99% of the time so it doesn't matters
 Have enough sleep
 Eating snack at night

9. Do you think that the Zones of Regulation program at Tomsett is helping you with your learning?



	Response Total	Response Percent
Yes	203	60%
A little	118	35%
No	20	6%
Total Respondents (skipped this question)	341	180

