



# Welcome to Quad Squad!





## Dear Parent,

Welcome to the Fall 2017 semester of Quad Squad! We had a great first class discussing concepts we will address throughout the semester and engaging in fun introductory activities.

Our first task on the agenda was to create a "Community Agreement," which is a code of rights and responsibilities that all group members are expected to follow throughout each class. All students enthusiastically contributed to the discussion and came up with several great ideas to include in our Community Agreement. Some rights and responsibilities include respecting all group members by keeping a safe body and using kind language, as well as having "class jobs" that the students will rotate fulfilling throughout the semester.

The primary concept we discussed and practiced this week was [The Zones of Regulation](#) by Leah Kuypers. The Zones of Regulation is a systematic, cognitive-behavioral, approach used to teach self-regulation by describing our feelings and state of alertness. There are four Zones, which are not a scale but instead are each described as a level of alertness and energy. The Blue Zone includes feelings such as sad, shy, and bored; the Green Zone includes happy, content, and focused; the Yellow Zone includes anxious, silly, and excited; the Red Zone includes furious, elated, and terrified. All students readily contributed to the discussion about the Zones and our feelings, and worked together to create a visual chart that we can refer to when describing our current emotional state. We will continue this concept in the following weeks and provide specific generalization techniques for your child.

## The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

During class we also had a few artistic projects, including a Zones collage and name badges. Students made creative name badges that included their name and class job. Next week, we will begin to brainstorm ideas for our class "Kindness Tree." The students came up

with the idea of having a "Kindness Tree" in order to perpetuate a culture of kindness in the group. Every week, students will post "leaves" that highlight acts of kindness they have noticed throughout the class. We will also continue to brainstorm more ideas for projects and activities the students are interested in doing throughout the semester.

We look forward to a great class next Monday, September 18!

Thank you,  
Alexa and Parsa

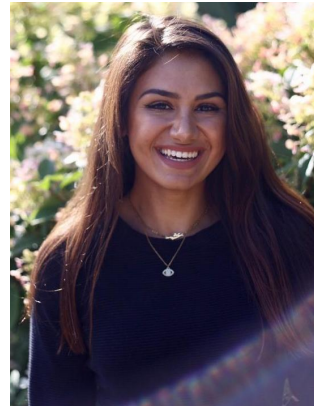
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## About the teachers



**Alexa Wallerstein** comes to the Quad Manhattan with a Bachelor's degree in Psychology from Lehigh University and a Masters of Arts in Mental Health Counseling from Ferkauf Graduate School of Psychology at Yeshiva University. She began at Quad Manhattan's after school program as a psychosocial intern and has now returned for her second year as a Lead Teacher for Quad Squad. Two summers ago, Alexa served as Assistant Director for the Quad Manhattan Summer Camp. She currently works at Quad Manhattan's sister program, The Quad Preparatory School, as a Mental Health Counselor. Alexa is passionate in working with Twice Exceptional children and looks forward to continuing this work!

**Parsa Najmaie** is in her junior year of study at Barnard College for psychology. She intends on one day earning her doctoral degree in developmental psych and Quad Squad will be her first time at The Quad Manhattan working with 2e children. Ms. Najmaie brings three years of experience working in elementary schools and a Head Start program with children from various backgrounds in the inner city and low-income households. She also has a passion for swimming and is a former swim instructor. Ms. Najmaie is excited to work with your children this fall.



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Thanks for reading!

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