

OCEAN ZONES QUICK START CHECKLIST

Your First Week Setup Guide

BEFORE YOU BEGIN

Materials Needed:

- Ocean Zones curriculum materials
 - Four zone posters (print from downloads)
 - Character introduction sheets
 - Calm corner space (3×3 feet minimum)
 - Basic supplies: markers, paper, tape
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WEEK 1 SETUP TASKS

Day 1-2: Prepare Your Space

- Choose calm corner location**
 - Quiet area away from high-traffic zones
 - Visible but not distracting
 - Accessible to all students
 - Print and laminate materials**
 - Four Zones Overview Poster (11×17 recommended)
 - Character introduction sheets (one per student)
 - Zone emotion cards
 - Breathing technique visual aids
 - Set up calm corner**
 - Post zone posters at student eye level
 - Add soft seating (bean bag, cushion, or mat)
 - Include sensory items (stress ball, fidget, weighted lap pad)
 - Create "zone check-in" station
 - Organize materials**
 - Place curriculum guide in accessible location
 - Prepare Week 1 lesson materials
 - Set up student folders/binders
 - Create data collection system
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Day 3: Prepare Yourself

- Review Week 1 lessons**
 - Read all 3 lesson scripts
 - Highlight key teaching points
 - Note differentiation strategies
 - Prepare any modifications needed
 - Practice breathing techniques**
 - Try each technique yourself
 - Practice verbal cues
 - Prepare visual demonstrations
 - Plan for student practice time
 - Prepare introduction materials**
 - Character puppets or visuals ready
 - Zone color samples
 - Emotion word cards
 - Student engagement activities
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Day 4: Communicate with Families

- Send parent introduction letter**
 - Explain Ocean Zones program
 - Describe the 4 zones
 - Share at-home support tips
 - Provide contact information
 - Prepare family resources**
 - Character introduction sheet to send home
 - Weekly family letters (optional)
 - Parent FAQ sheet
 - Contact information for questions
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Day 5: Final Preparations

- Gather lesson materials**
 - Week 1, Lesson 1 materials ready
 - Character visuals prepared
 - Student worksheets copied
 - Assessment tools ready

Set up data collection

- Progress tracker ready
- Observation notes prepared
- Baseline assessment planned
- IEP goal tracking system

Plan for success

- Schedule 20-30 minutes for first lesson
 - Prepare backup activities
 - Plan for sensory breaks
 - Have reinforcement system ready
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WEEK 1 LESSON OVERVIEW

Lesson 1: Meet the Ocean Zones (Day 1)

Goal: Introduce the 4 zones and characters

Time: 20-25 minutes

Materials: Character visuals, zone posters, emotion cards

Key Points:

- Introduce Manny, Stella, Shelly, and Crabby
 - Explain each zone's color and feelings
 - Practice identifying zones
 - Model zone check-in
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Lesson 2: Understanding My Zones (Day 2-3)

Goal: Students identify their own zones

Time: 20-25 minutes

Materials: Zone cards, emotion pictures, student worksheets

Key Points:

- Review 4 zones
 - Connect zones to personal experiences
 - Practice zone identification
 - Introduce zone check-in routine
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Lesson 3: Zone Tools Introduction (Day 4-5)

Goal: Introduce first breathing technique

Time: 20-25 minutes

Materials: Breathing visual aids, calm corner materials

Key Points:

- Introduce breathing as a tool
 - Teach first technique (Bubble Breathing)
 - Practice together
 - Connect to calm corner use
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FIRST WEEK GOALS

Student Goals:

- Can name all 4 zones
- Can identify zone colors
- Can name at least 2 characters
- Can identify 1-2 emotions per zone
- Participates in zone check-in
- Tries at least one breathing technique

Teacher Goals:

- Deliver all 3 Week 1 lessons
 - Establish zone check-in routine
 - Introduce calm corner use
 - Begin baseline data collection
 - Send parent communication
 - Observe student engagement
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TIME-SAVING TIPS

Quick Wins:

1. **Use existing materials** - Adapt what you already have
2. **Start simple** - Don't overwhelm with all materials at once
3. **Involve students** - Let them help set up calm corner
4. **Use visuals** - Pictures speak louder than words
5. **Be flexible** - Adjust pacing to your students' needs

Common Shortcuts:

- Print in B&W to save ink (color-code with markers)
 - Laminate only most-used items first
 - Use digital versions on tablet/smartboard
 - Create one calm corner for whole class (not individual)
 - Start with 2 zones, add more gradually
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TROUBLESHOOTING

"I don't have time to prep everything!"

Solution: Start with just the essentials:

- Four Zones poster
- Character introduction sheet
- Week 1, Lesson 1 script
- One breathing technique visual

Add more materials as you go!

"My students have very different needs"

Solution: Use differentiation strategies:

- **Level 1:** Picture-only zone cards
- **Level 2:** Picture + 1-2 emotion words
- **Level 3:** Full emotion vocabulary

Start where each student is!

"I don't have space for a calm corner"

Solution: Alternatives:

- Use a corner of existing reading area
 - Create portable calm corner (basket with materials)
 - Use hallway space (if supervised)
 - Designate calm corner time at existing space
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NEED HELP?

Support Resources:

- **Support Hub:** Visit our 24/7 support hub for instant help
- **Facebook Group:** Join 500+ teachers using Ocean Zones
- **Email Support:** Support@CalmConnectionsLab.com
- **Video Tutorials:** Watch setup demonstrations

Most Helpful Resources:

1. Week 1 complete lesson plans (free download)
 2. Calm corner setup video (free)
 3. Troubleshooting guide (in curriculum)
 4. Teacher community (Facebook)
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READY TO START?

Your Week 1 Checklist:

- Calm corner set up
- Materials printed and ready
- Week 1 lessons reviewed
- Parent letter sent
- Data collection system ready
- First lesson materials prepared

You're Ready When:

- ✓ You can name all 4 zones and characters
 - ✓ You know where your calm corner is
 - ✓ You have Week 1, Lesson 1 materials ready
 - ✓ You've practiced at least one breathing technique
 - ✓ You're excited to start! 
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REMEMBER

You don't need to be perfect!

Ocean Zones is designed to be flexible and forgiving. Your students will learn from your modeling, not from perfect execution.

Start where you are. Use what you have. Do what you can.

You've got this! 



PRINT THIS CHECKLIST

Print this page and check off items as you complete them. Post it in your planning area for easy reference.

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Need more help?

-  Download free Week 1 lesson plans
-  Watch calm corner setup video
-  Join our teacher community
-  Visit the Support Hub

All free at: www.CalmConnectionsLab.com/educators/resources