

WHAT ZONE ARE YOU IN?

The Zones of Regulation can help us think and talk about how we are feeling.

All the Zones are OK!

BLUE ZONE



Sad

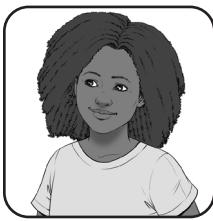


Tired

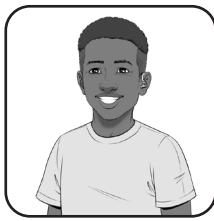


Bored

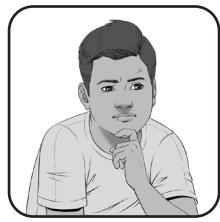
GREEN ZONE



Calm



Happy



Focused

YELLOW ZONE



Frustrated



Silly



Worried

RED ZONE



Mad



Overjoyed



Out of Control

MAKE A ZONES CHECK-IN AT HOME

Have you been learning about The Zones of Regulation?

Follow these easy steps to make your own Zones check-in for everyone to use in your home.

Step 1: Watch the video directions

Step 2: Decide what you want your Check-In to look like

- **For example:** Use the handout provided, Legos, colored paper, emojis, characters from a show, etc.

Step 3: Gather your materials

- **For example:** paper, scissors, glue, Legos, magazines, print pictures, etc.

Step 4: Create your Zones Check-in which includes:

- Red, Yellow, Green and Blue Zone areas
- A way to represent each person in your family
- **For example:** Names or pictures on Post-its, magnets, clothespins, or paperclips

Step 5: Display in a place where your family spends lots of time

Step 6: Start Checking-In! Do so as often as you want, but for sure everyday

