

# 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

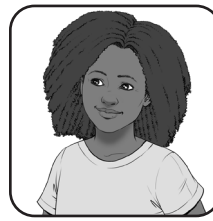


Tired

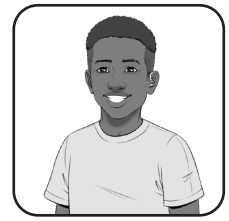


Bored

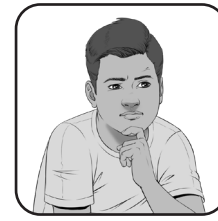
## GREEN ZONE



Calm



Happy



Focused

## YELLOW ZONE



Frustrated



Silly



Worried

## RED ZONE



Mad



Overjoyed



Out of Control

THE  
**ZONES** OF  
REGULATION®

# 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

THE  
**ZONES** OF  
REGULATION®