



STOP & JOT NOTES

ZONE YOUR HOME TRAINING

A parent/caregiver training on
The Zones of Regulation

These Stop and Jot Notes will help you to synthesize important concepts from today's training.

THE FOUR ZONES OF REGULATION

DIRECTIONS

Write 3-4 feelings that fall into each of the four Zones of Regulation, making sure to include a positive one for the Red Zone.

**BLUE
ZONE**

**GREEN
ZONE**

**YELLOW
ZONE**

**RED
ZONE**

ZONES-FRIENDLY LANGUAGE

DIRECTIONS

Fill in an example of using a Zones-friendly statement on the first line.

ZONES LANGUAGE "TALK THE TALK"

INSTEAD OF...

"You need to calm down."

"It's too loud."

"You need to take a break"

"Don't make me mad, or you will lose your dessert."

"Don't worry about that"

"You need to get back to the Green Zone."

TRY...

"The noise in here is too loud and I'M feeling like I'm in the Yellow/Red Zone, and it's hard for me to think. Can you help me take a deep breath to manage my Zone?"

"Do you want to try a tool?"

*"One breath for me, one breath for you."
(modeling a calming tool)*

"How could you take care of your Zone to help with this feeling?"

"I'm here for you, do you want _____?"

ZONES TOOLS WORKSHEET

DIRECTIONS

Follow along as we work through utilizing Zones Tools together.

ZONES Tools Worksheet

| Name of Tool | Circle the Zone or Zones you think the tool would help in. | | | | |
|--------------|------------------------------------------------------------|-------|--------|-----|------|
| | Blue | Green | Yellow | Red | None |
| | Blue | Green | Yellow | Red | None |
| | Blue | Green | Yellow | Red | None |
| | Blue | Green | Yellow | Red | None |
| | Blue | Green | Yellow | Red | None |
| | Blue | Green | Yellow | Red | None |
| | Blue | Green | Yellow | Red | None |
| | Blue | Green | Yellow | Red | None |

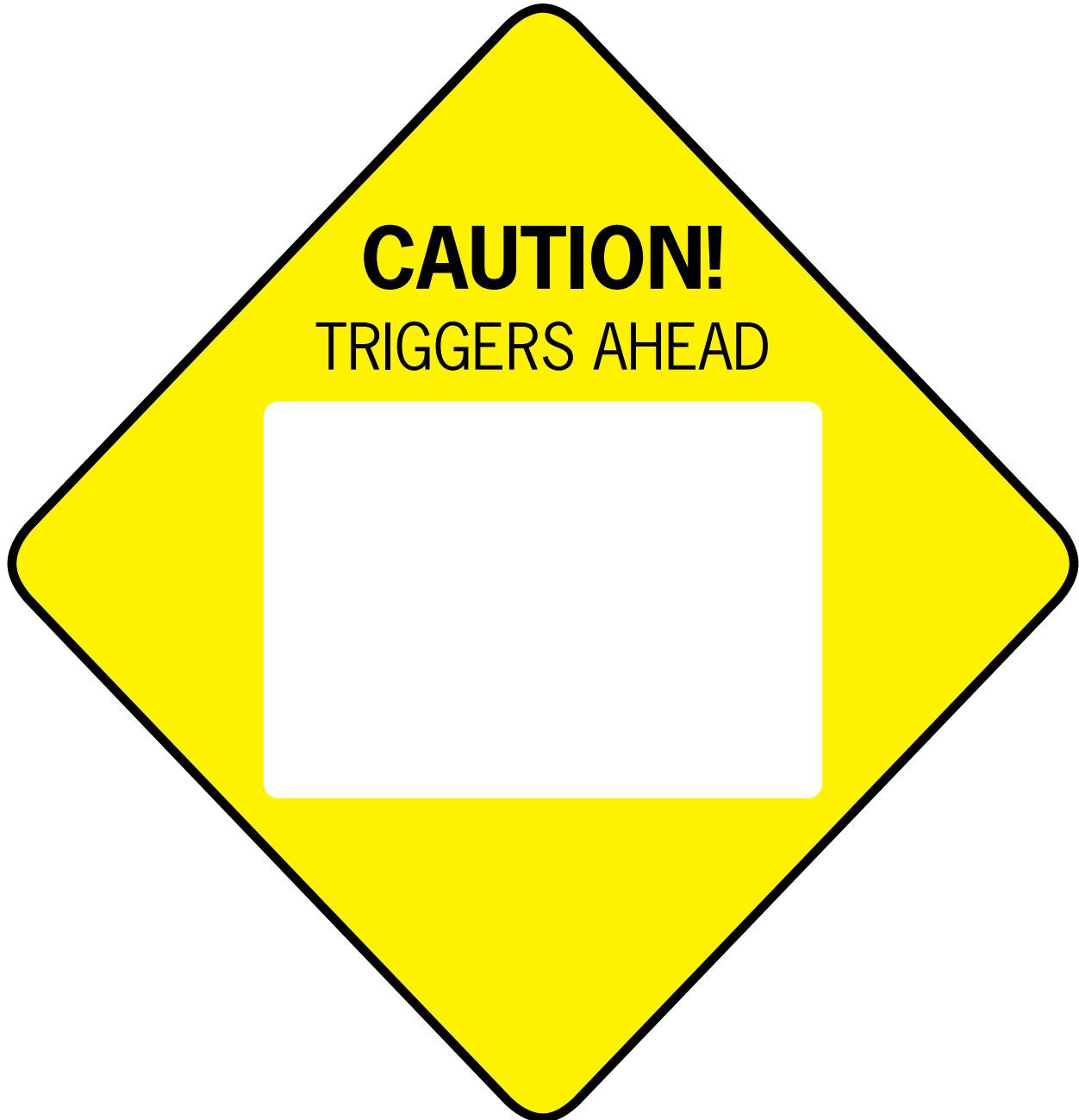
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TRIGGERS WORKSHEET

DIRECTIONS

*What are your Triggers? They can be both positive or negative.
Fill in the sign with some of yours.*



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NOTES AND REFLECTIONS



A large, empty, light gray rectangular area intended for writing notes and reflections.