

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 can help us think and talk about how we are feeling. All the Zones are OK!



Sad



Tired

BLUE ZONE



Bored



Calm



Happy

GREEN ZONE



Focused



Frustrated



Silly

YELLOW ZONE



Worried

What Zone Are You In?



Overjoyed



Mad

RED ZONE



Out of Control