

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 lots of spends time.

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



Sad



Tired

BLUE ZONE



Bored

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



Calm



Happy

GREEN ZONE



Focused

What Zone Are You In?



Frustrated



Silly

YELLOW ZONE



Worried



Mad

RED ZONE



Overjoyed



Out of Control