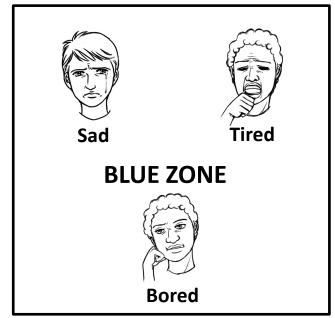


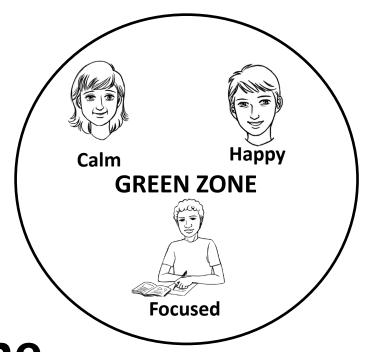
Make A Zones Check-in at Home

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.
☐ <u>Step 3:</u> Gather your materials
For example: paper, scissors, glue, Legos, magazines, print pictures, etc.
☐ <u>Step 4:</u> Create your Zones Check-in which includes:
Red, Yellow, Green and Blue Zone areasA way to represent each person in your family
For example: Names or pictures on Post-its, magnets, clothespins, or paperclips
☐ <u>Step 5:</u> Display in a place where your family lots of spends time.
☐ <u>Step 6:</u> 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!







YELLOW ZONE





Worried



Overjoyed



Mad

RED ZONE



Out of Control

©L. Kuypers (2020) <u>www.zonesofregulation.com</u> Based on *The Zones of Regulation* (Kuypers, 2011) Available at <u>www.socialthinking.com</u>