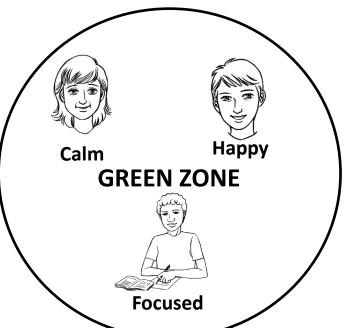


The Zones of
Regulation can help
us think and talk
about how we are
feeling. All the
Zones are OK!







**YELLOW ZONE** 





Worried



Overjoyed



Mad

RED ZONE



**Out of Control** 

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## 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.

☐ <u>Step 1:</u> 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:
<ul><li>Red, Yellow, Green and Blue Zone areas</li><li>A way to represent each person in your family</li></ul>
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.