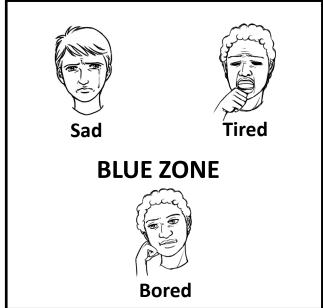




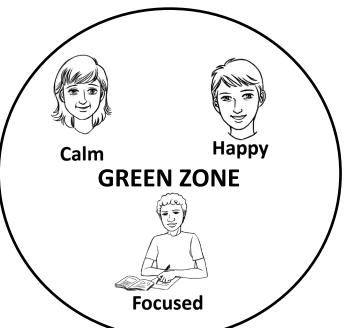
Make A Zones Check-in at Home

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: |
| 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 |
| ☐ 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!







YELLOW ZONE





Worried



Overjoyed



Mad

RED ZONE



Out of Control

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