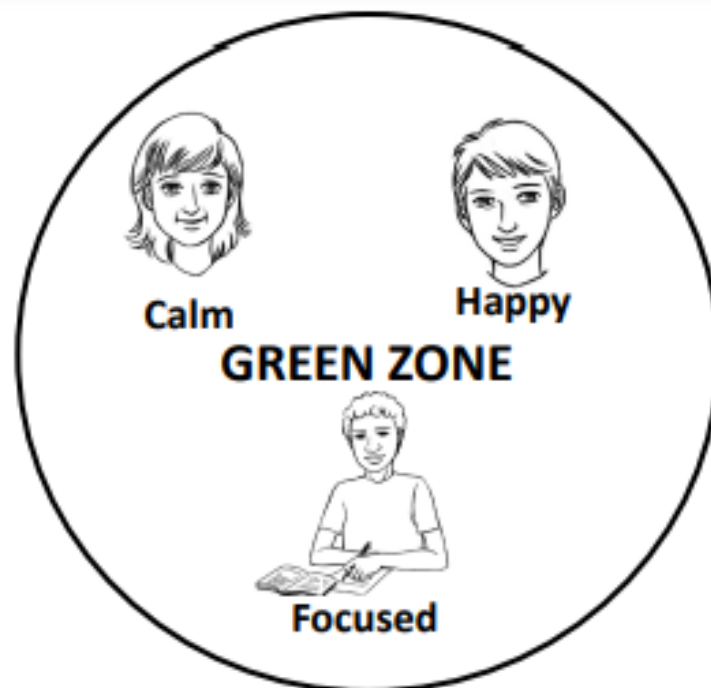
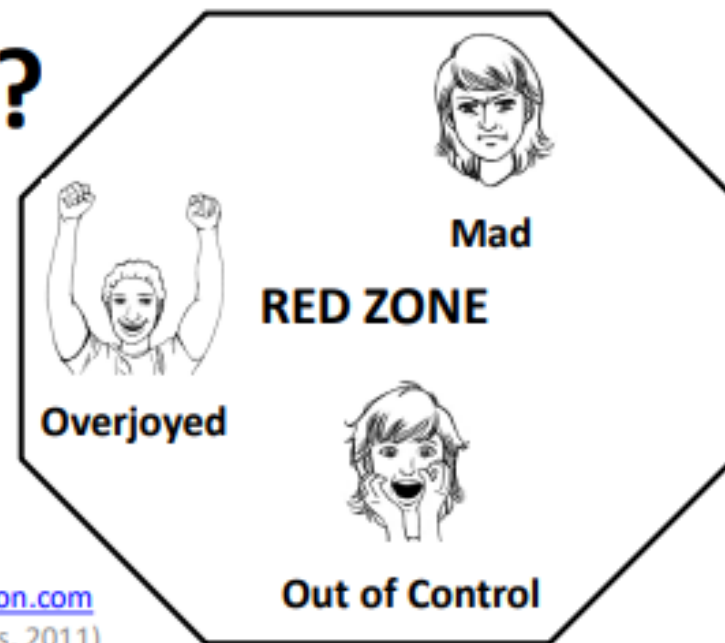
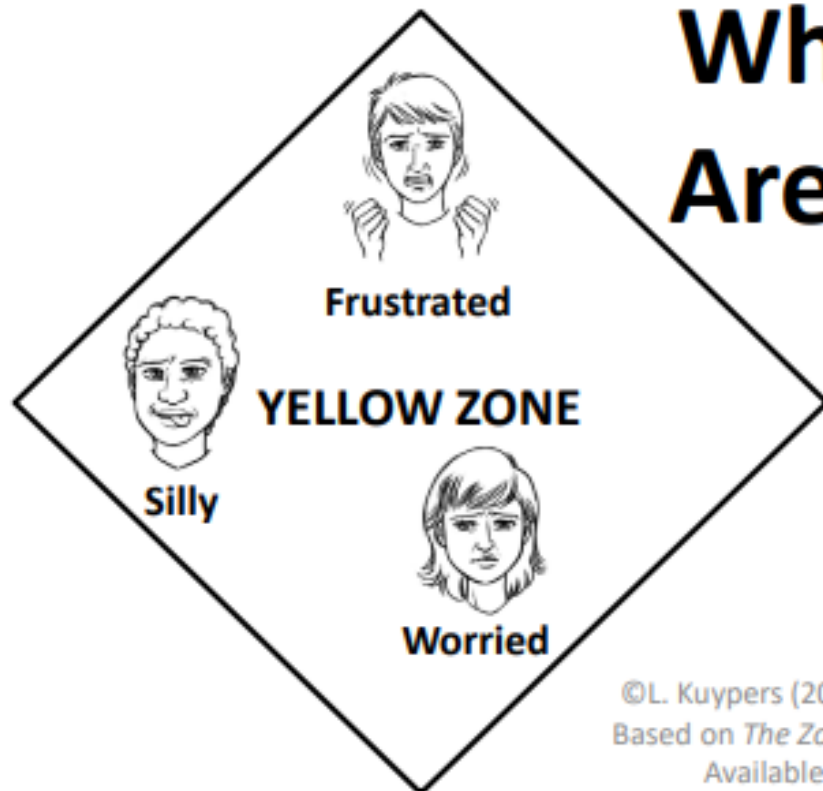


The Zones of Regulation can help us think and talk about how we are feeling. All the Zones are OK!



What Zone Are You In?



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.