

## 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