

# Zones of Regulation Lesson #2: Sorting Feelings

Review: What are the Zones of Regulation?

Below are the Zones of Regulation charts that you looked at last week. This week, your job is to cut out the scenarios and/or faces and sort them into the zone they belong in. The Zones of Regulation are a way to help us break up different types of feelings into groups, and to understand that everyone has feelings. It is important to remember that there is **no such thing as a bad feeling or a bad zone!**

Blue Zone	Green	Yellow	Red Zone
			
<ul style="list-style-type: none"> <li>• Tired</li> <li>• Bored</li> <li>• Sick</li> <li>• Sad</li> <li>• Moving Slowly</li> </ul> <small>Designed by Lizzie Taylor 2020</small>	<ul style="list-style-type: none"> <li>• Calm</li> <li>• Happy</li> <li>• Focused</li> <li>• Ready to Learn</li> <li>• Feeling Good</li> </ul>	<ul style="list-style-type: none"> <li>• Worried</li> <li>• Frustrated</li> <li>• Excited</li> <li>• Silly/Wiggly</li> <li>• Some Loss of Control</li> </ul>	<ul style="list-style-type: none"> <li>• Really Excited</li> <li>• Mad/Angry</li> <li>• Yelling/Hitting</li> <li>• Mean</li> <li>• Terrified</li> <li>• Out of Control</li> </ul>

## The ZONES of Regulation®

Blue Zone	Green Zone	Yellow Zone	Red Zone
<p>BLUE ZONE</p> <ul style="list-style-type: none"> <li>Sad</li> <li>Sick</li> <li>Tired</li> <li>Bored</li> <li>Moving Slowly</li> </ul>	<p>GREEN ZONE</p> <ul style="list-style-type: none"> <li>Happy</li> <li>Calm</li> <li>Feeling Okay</li> <li>Focused</li> <li>Ready to Learn</li> </ul>	<p>YELLOW ZONE</p> <ul style="list-style-type: none"> <li>Frustrated</li> <li>Worried</li> <li>Silly/Wiggly</li> <li>Excited</li> <li>Loss of Some Control</li> </ul>	<p>RED ZONE</p> <ul style="list-style-type: none"> <li>Mad/Angry</li> <li>Mean</li> <li>Terrified</li> <li>Yelling/Hitting</li> <li>Out of Control</li> </ul>

**BLUE ZONE**

**GREEN ZONE**

**YELLOW ZONE**

**RED ZONE**

# ZONES Scenarios

Your parent tells you that someone close to you passed away.	You turn on the TV and find out a war has broken out.	You experience a natural disaster (large earthquake, tornado, flood, hurricane).
You break your leg in P.E. class.	You are playing a competitive game.	You found out that you won the lottery.
You are playing tag on the playground with friends.	You are participating in the class discussion.	You are listening to a teacher give instructions.
You just woke up in the morning.	You are home with nothing to do.	You can't find your assignment you worked hard on.

# ZONES Scenarios

You are working with a partner on a science project.	You are playing/hanging out with a friend at the friend's house.	You didn't do well on a test.
You were told that the plans need to change.	You are asked to stop or put away something that you enjoy doing.	You have been waiting for more than 30 minutes at the doctor's office.
You are sitting with your family at the dinner table.	Your pet is missing.	You got the flu.
You just ran a mile as fast as you could.		





**Calm**



**Thankful**



**Ready to Learn**



**Relaxed**



**Good**



**Proud**



**Good Listener**



**Okay**



**Green**



**Appreciated**



**Happy**



**Focused**



**Content**

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**Sad**



**Sick**



**Shy**



**Hurt**



**Tired**



**Exhausted**



**Blue**



**Depressed**



**Bored**



# Yellow



**Excited**



**Frustrated**



**Nervous**



**Anxious/Worried**



**Silly**



**Annoyed**



**Overwhelmed**



**Scared**



**Jealous**



**Upset**



**Uncomfortable**



**Confused**



**Embarrassed**



**Grouchy/Crabby**

The ZONES of Regulation® Reproducible C Zones Emotions — Yellow

# Red



**Mean**



**Mad**



**Yelling**



**Angry**



**Aggressive**



**Terrified**



**Out of Control**



**Elated**



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