





Zones of Regulation Lesson #4: My Toolbox

Review: What are the Zones of Regulation?

Now that you are familiar with the different Zones of Regulation and the feelings we have, it is important for us to find ways that we can help ourselves and each other when we are in different Zones. For this activity, you will cut out the attached Zones Tools Menu ideas for ways to help yourself with feelings you experience. You can sort these by the different Zones. When you are finished sorting, select at least 3 tools you can use for each Zone. The attached pages allow you to write or draw the tools you will try to use. You can put your personalized toolbox somewhere where you can see it at home to remind you what tools to use when you are needing them. This is also a fun activity to do with others in your home. Remember, 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"> • Tired • Bored • Sick • Sad • Moving Slowly <small>Designed by Lizzie Taylor 2020</small>	<ul style="list-style-type: none"> • Calm • Happy • Focused • Ready to Learn • Feeling Good 	<ul style="list-style-type: none"> • Worried • Frustrated • Excited • Silly/Wiggly • Some Loss of Control 	<ul style="list-style-type: none"> • Really Excited • Mad/Angry • Yelling/Hitting • Mean • Terrified • Out of Control

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

BLUE ZONE

GREEN ZONE





YELLOW ZONE

RED ZONE

Tools for Each of My ZONES

When I feel...

I can try...

Tired or Sad 	
Calm or Happy 	
Frustrated or Silly 	
Angry or Mad 	

Adapted for *The Zones of Regulation*® from the original work of Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com.

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ZONES Tools Menu



ZONES Tools Menu



_____s **Toolbox**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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