

# Zones of Regulation Lesson #5: Stop, Opt, and Go!





Review: What are the Zones of Regulation?

Now that you have identified tools that may be useful for you to use when you are in the different Zones of Regulation, it is important to try them out. Sometimes a tool will work for you, and other times you might need to try new tools... Remember, there is **no such thing as a bad feeling or a bad zone!**

Sometimes we need to move into the Green Zone to help ourselves feel good, calm, or ready to learn. This can be tough when we do not stop and use our tools! When you need to move into a different Zone, it is important to **STOP** and think about what tool might help you best. Once you have thought about all of your **OPTIONS**, **try out** the tool that you think will help you best! Use the worksheet on the next page to practice how to **STOP**, **OPT**, and **GO!**

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

# Solution Finder Worksheet

Problem: \_\_\_\_\_



Think about a situation when you had (or anticipate having) a difficult time **STOPPING** and staying in the Green Zone.

Use this STOP, OPT, and GO Solution Finder Worksheet to brainstorm all of the **OPTIONS** you have — good and bad. This includes using your tools as well as the choices that aren't so good, like losing your cool.

- Consider each option.
- Take a yellow or red marker and cross off each option that would cause you to go into those zones.
- Take a green marker and circle the best option(s) to go with.

My best option is: \_\_\_\_\_