

Zones of Regulation Lesson #6: Putting it All Together

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. Remember, there is **no such thing as a bad feeling or a bad zone!** Everyone has a lot of different feelings that can change quickly.

Over the last several weeks you have learned (1) what the Zones of Regulation are, (2) how to figure out what zone you are in based on your feelings and other body cues, (3) when to expect to be in different zones, (4) what tools can help get you into your expected zone, and (5) how to *STOP*, *OPT*, and *GO* so you can try out different tools and find what works best! Over the summer, you can use the fortune teller on the next page to practice trying out your favorite tools!

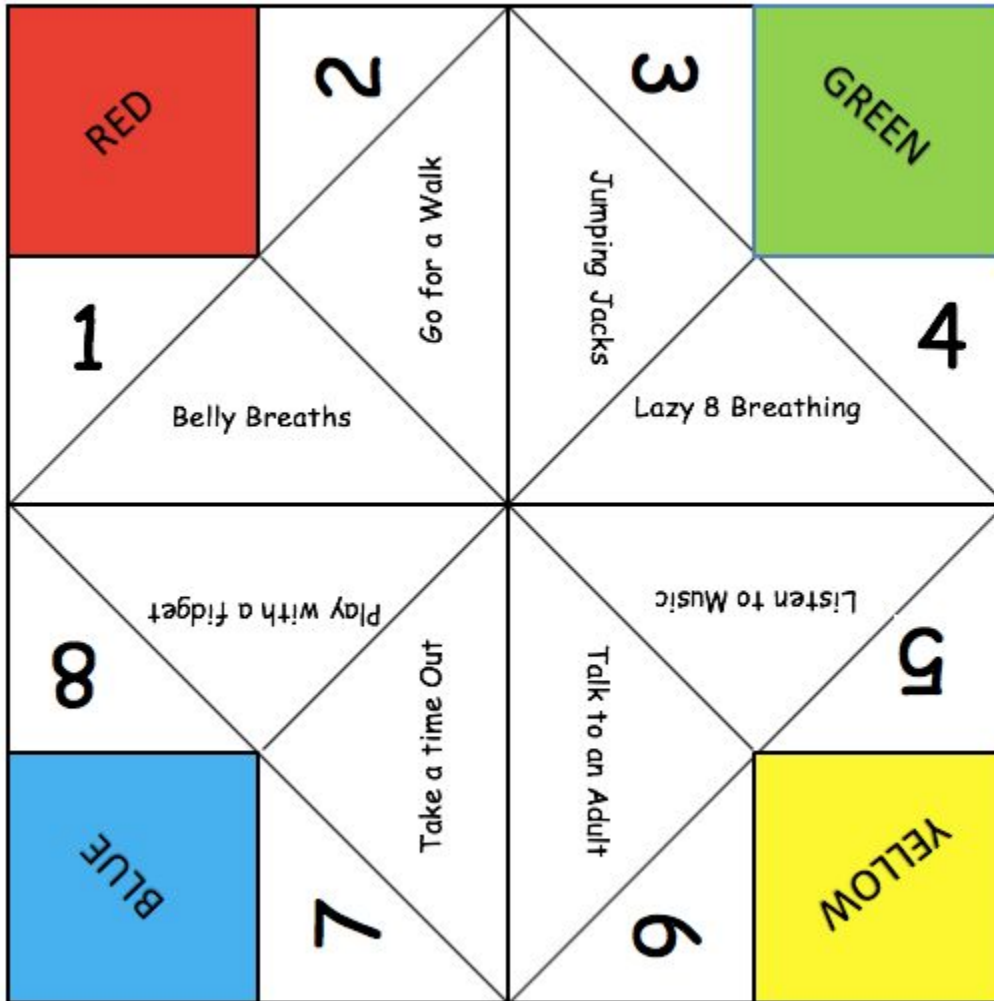
Blue Zone	Green	Yellow	Red Zone
			
<ul style="list-style-type: none"> • Tired • Bored • Sick • Sad • Moving Slowly <small>Designed by Lizzie Taylor 2020</small>	<ul style="list-style-type: none"> • Calm • Happy • Focused • Ready to Learn • Feeling Good 	<ul style="list-style-type: none"> • Worried • 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®

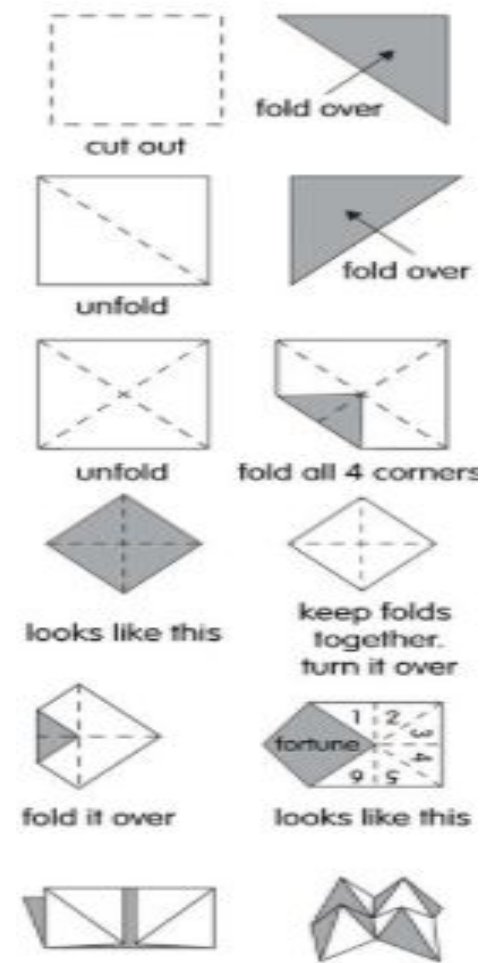
Blue Zone	Green Zone	Yellow Zone	Red Zone
<p>BLUE ZONE</p> <ul style="list-style-type: none"> Sad Sick Tired Bored Moving Slowly 	<p>GREEN ZONE</p> <ul style="list-style-type: none"> Happy Calm Feeling Okay Focused Ready to Learn 	<p>YELLOW ZONE</p> <ul style="list-style-type: none"> Frustrated Worried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

Cut out this fortune teller or make your own to practice your favorite tools from your toolbox!

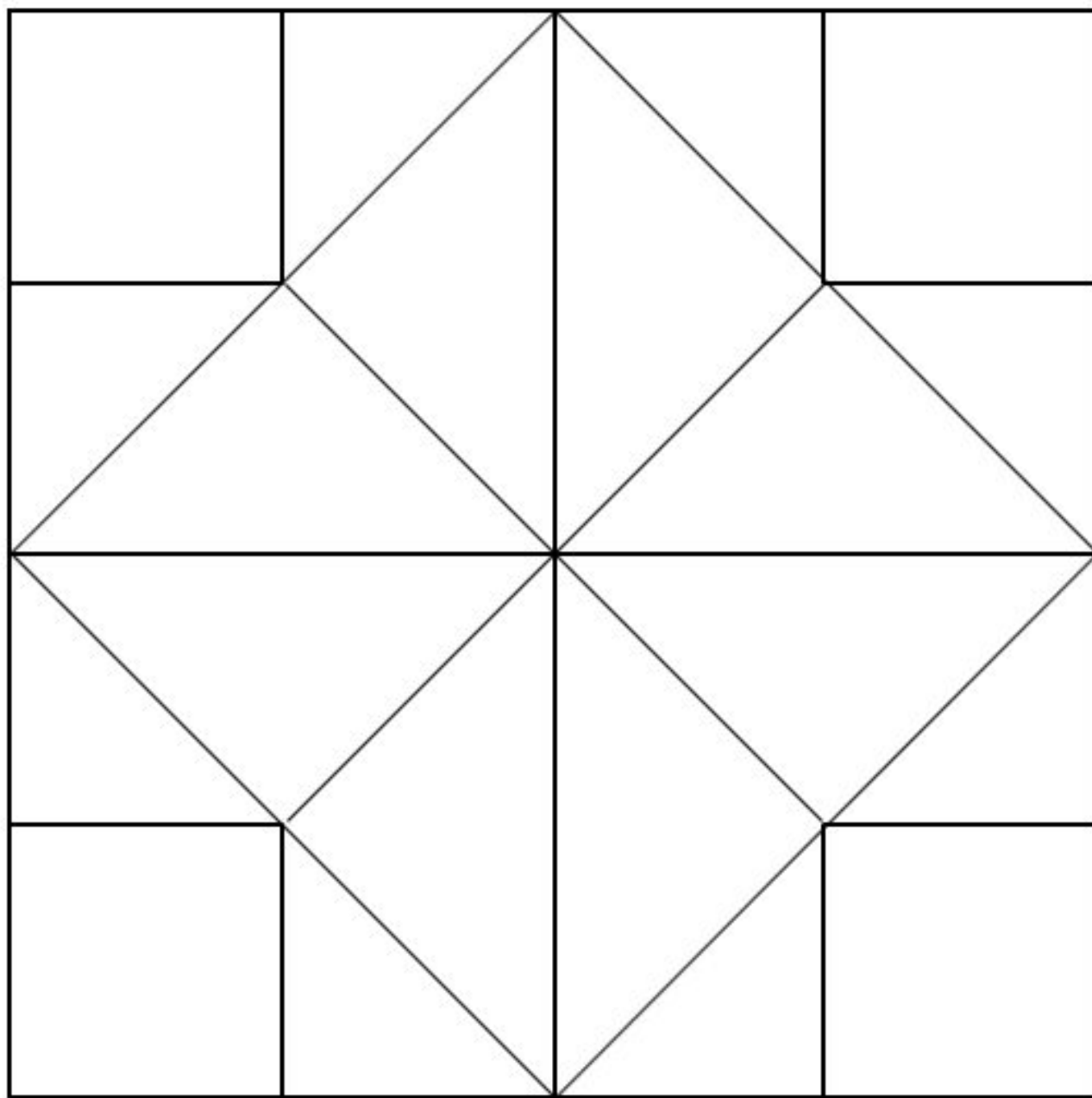
EXAMPLE:



INSTRUCTIONS:



MAKE YOUR OWN:



EXTRA PRACTICE :)

