Interactive ZONES OF REGULATION®
Name Plates, Bookmarks, & MORE!
My Toolbox

Lazy 8 Breathing

Breath In

Breath Out

STOP

SLOW

GO

REST AREA
Toolbox Icons for Interactive Zones of Regulation®

Name Plates

Carry  Read  Jump
Bounce  Run  Push
Tickle  Pull  Swing
Talk to Adult  Hug  Animal Walks

Listen to Music  Squishes  Walk
Jumping Jacks  Shoulder Rub  Belly Breath
You CAN do it  Inner Coach  Take a Break
Lazy & Breathing

Fidget Ball  Size of Problem  Six Sides of Breathing

Copyright © 2011 Social Thinking Publishing
This page may be copied for the purposes of educating students and other professionals.
What Zone Are You In?

**BLUE ZONE**
I am feeling...
- sad
- sick
- tired
- bored
- slow-moving

**GREEN ZONE**
I am feeling ...
- happy
- okay
- focused
- calm
- ready to learn

**YELLOW ZONE**
I am feeling...
- frustrated
- worried
- silly/ wiggly
- excited
- a little out of control

**RED ZONE**
I am ...
- mad
- mean
- scared
- yelling / hitting
- out of control
How Big is My Problem?

1. Tiny
2. Little
3. Medium
4. Gigantic
5. Emergency
How Big is My Problem?
Arrow for poster

Cut out arrow above and fasten a brass fastener to the bottom of the arrow. Fasten onto “How Big is My Problem?” poster on previous page. Voila! You now have an interactive Problem-meter!
How Big is My Problem?

1. Tiny Problem
   - dropping a pencil
   - not getting called on by the teacher

2. Little Problem
   - clip stays in green zone
   - getting a toy or book taken away from you
   - missing a lesson at school

3. Medium Problem
   - clip moves to yellow zone
   - forgetting homework
   - feeling stressed out about something
   - arguing with a friend
   - not feeling well (blue zone)

4. Gigantic Problem
   - clip moves to red zone
   - getting into a fight with someone
   - getting lost

5. Emergency
   - someone is very badly injured
   - earthquake
   - tornado
Daily Visual Schedule Cards

**ZONES Check - In**

- [ ] REST AREA
- [ ] GO
- [ ] SLOW
- [ ] STOP

**ZONES Check - In**

- [ ] REST AREA
- [ ] GO
- [ ] SLOW
- [ ] STOP
Knowing My Triggers

What triggers me?

A trigger is something that irritates me and puts me in the yellow or red zone.

[Diagram with a central box labeled 'Triggers' and spokes extending outward with a blank section to fill in personal triggers.]
Thank you!

Name plates:

* Don't forget to slice the line to the right of the coloured boxes in order to slide a paper clip along each zone. This is how students do their check-in independently.
* I attach the icons with Velcro so that the students can change their strategies when they feel it is necessary.
* This file can be printed on legal-sized or 11X17 paper to create larger name plates. (See the other file in the zipped folder!)

* Most of the materials in this package are adaptations of the four Zones and the concepts, graphics, and teaching information found in The Zones of Regulation® book by Leah M. Kuypers, © 2011 Social Thinking Publishing. The book can be purchased at the Social Thinking website here: https://www.socialthinking.com/books-products/all-products/zones-of-regulation-the-detail. It is important that people familiarize themselves with the Zones of Regulation curriculum before using these materials. This book is a wonderful resource! Leah Kuypers is a genius! My students are so much better at identifying their emotions and self-regulating themselves than they were at the beginning of the year.

Fonts used: KB Lucky Clover, KG Wake Me Up, and KG Ten Thousand Reasons
Zones of Regulation® used with permission for educational purposes as stated.

I truly hope this ZONES package is as effective for your students as it has been for mine!

Please take time to rate this product by clicking the link below:
I truly appreciate your feedback! 😊

- Sunshine on a Cloudy Day