



Interactive


ZONES OF


REGULATION[®]


Name Plates, Bookmarks, & MORE!

STOP 

SLOW 

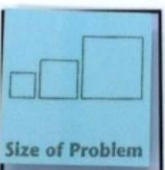


GO 

REST AREA 





Kenny


My Toolbox


  


The Six Sides of **Breathing**




STOP 

SLOW 



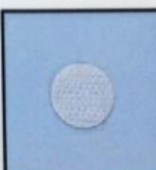
GO 

REST AREA 




Carter

My Toolbox


  

Lazy 8 **Breathing**

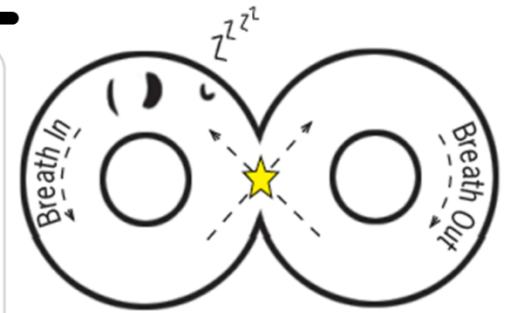





My TOOLBOX



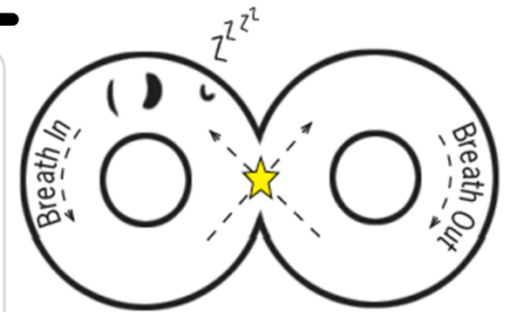
Lazy 8 **Breathing**



My TOOLBOX




Lazy 8 **Breathing**

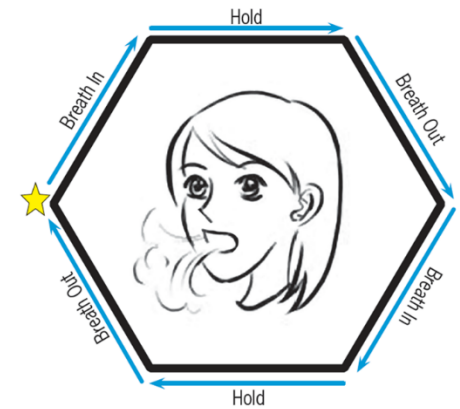





MY TOOLBOX



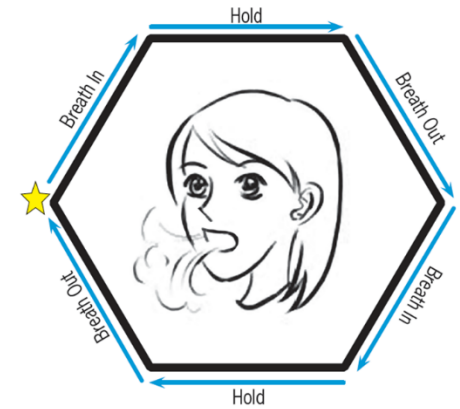
The Six Sides of **Breathing**



MY TOOLBOX

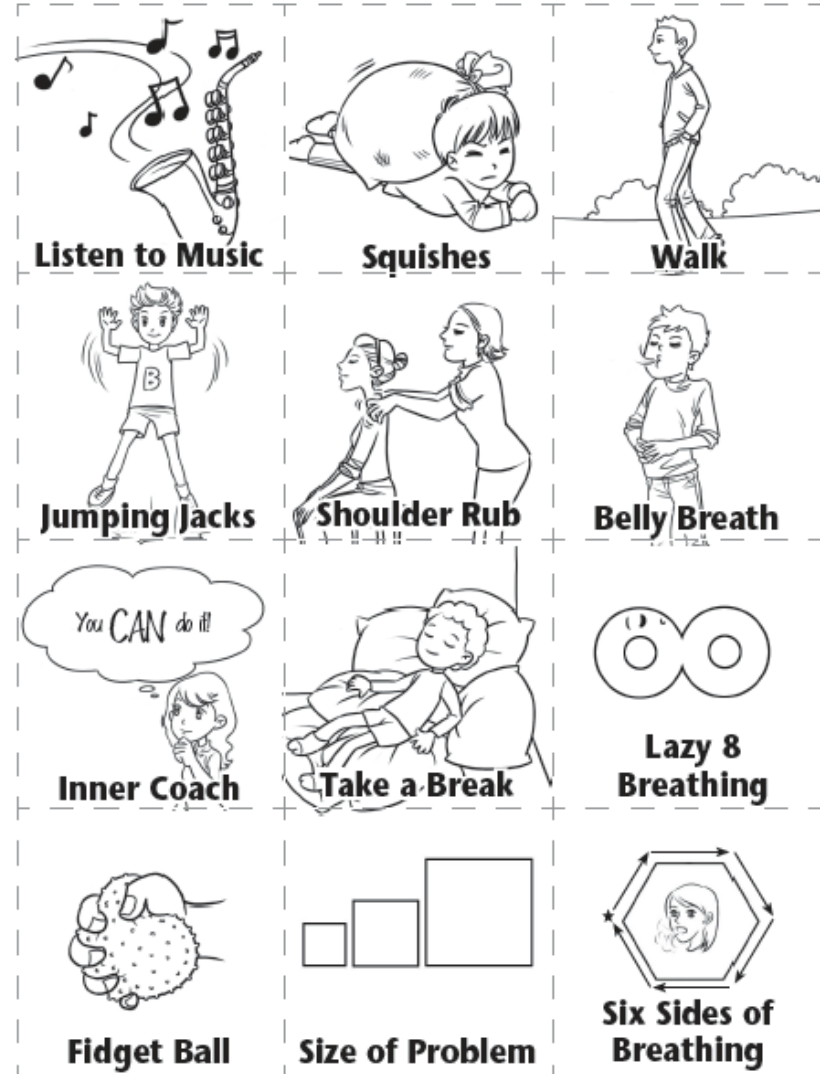


The Six Sides of **Breathing**



(used with permission from Social Thinking Publishing and
Zones of Regulation by Leah M. Kuypers)

Toolbox Icons for Interactive **ZONES** OF REGULATION® Name Name Plates

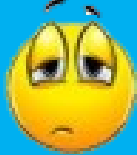


Reference Cards

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 ...

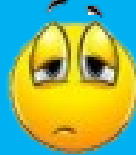
- mad
- mean
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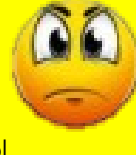
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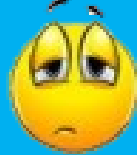
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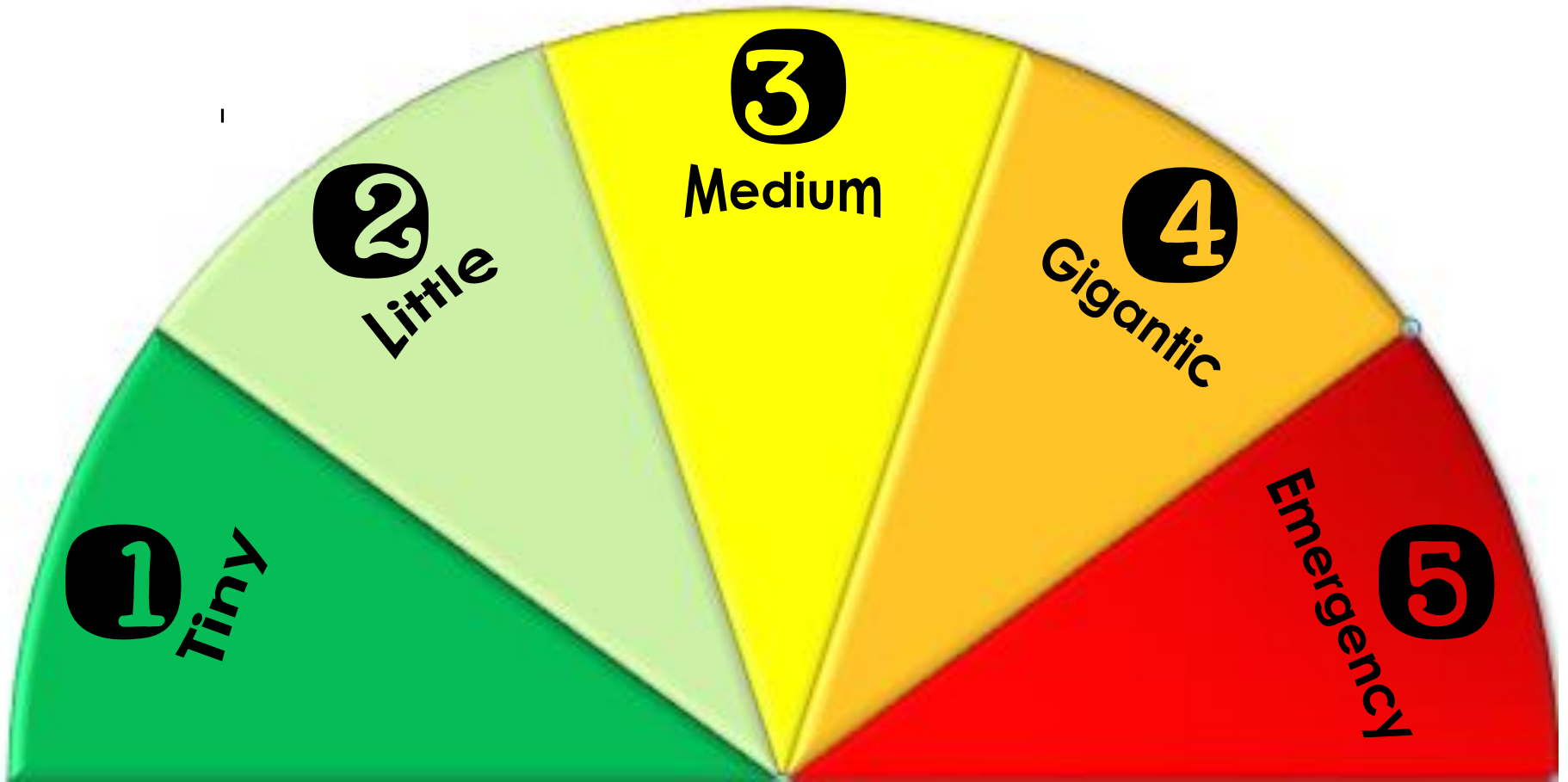
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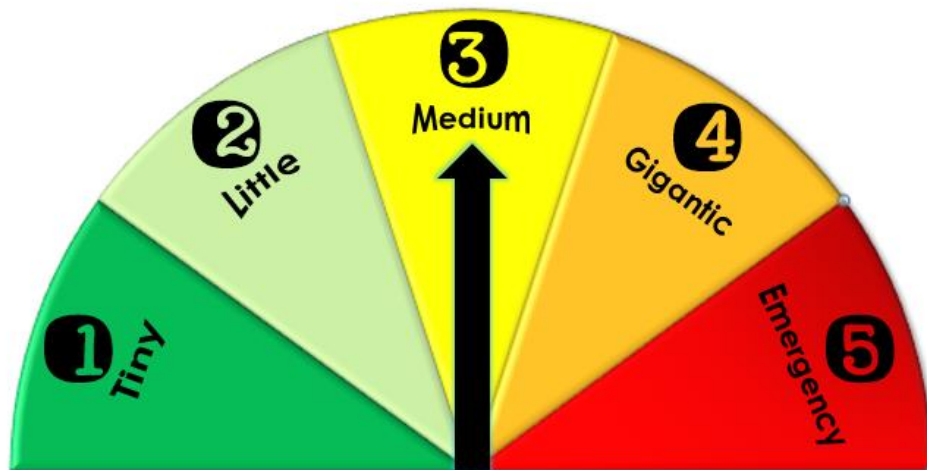




How **Big** is My Problem?

How Big is My Problem?

Arrow for poster



How Big is My Problem?

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

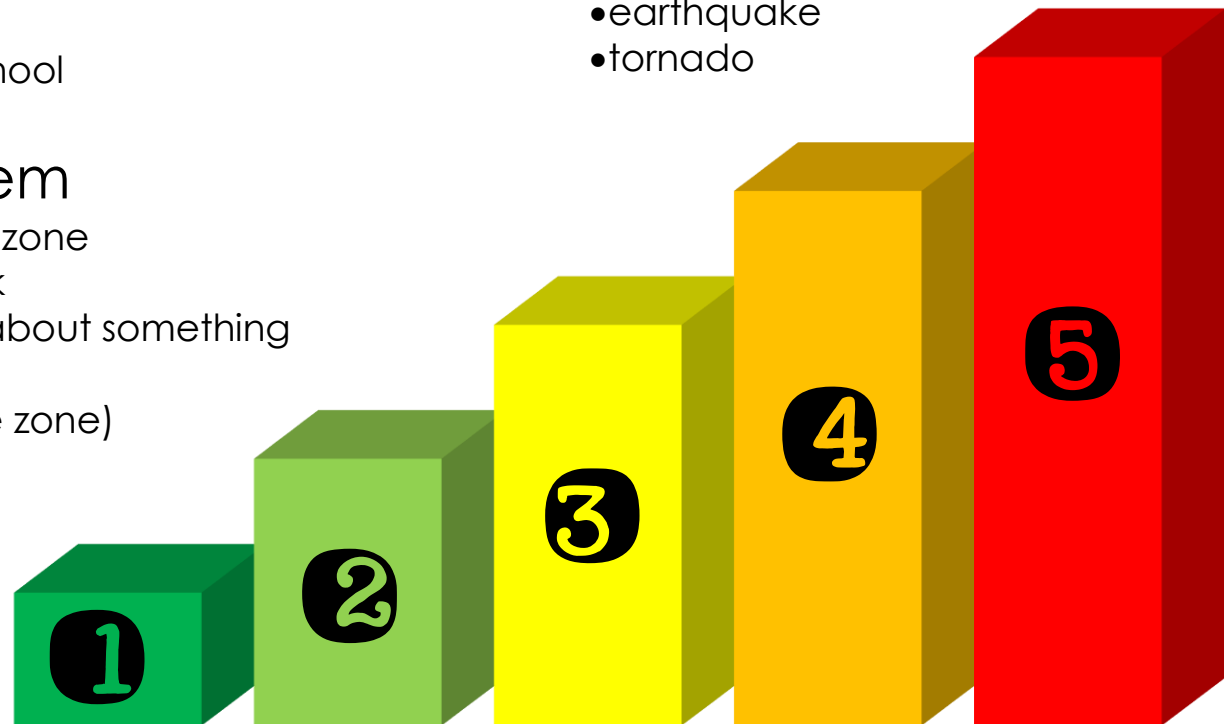
- clip moves to yellow zone
- forgetting homework
- feeling stressed out about something
- arguing with a friend
- not feeling well (blue zone)

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



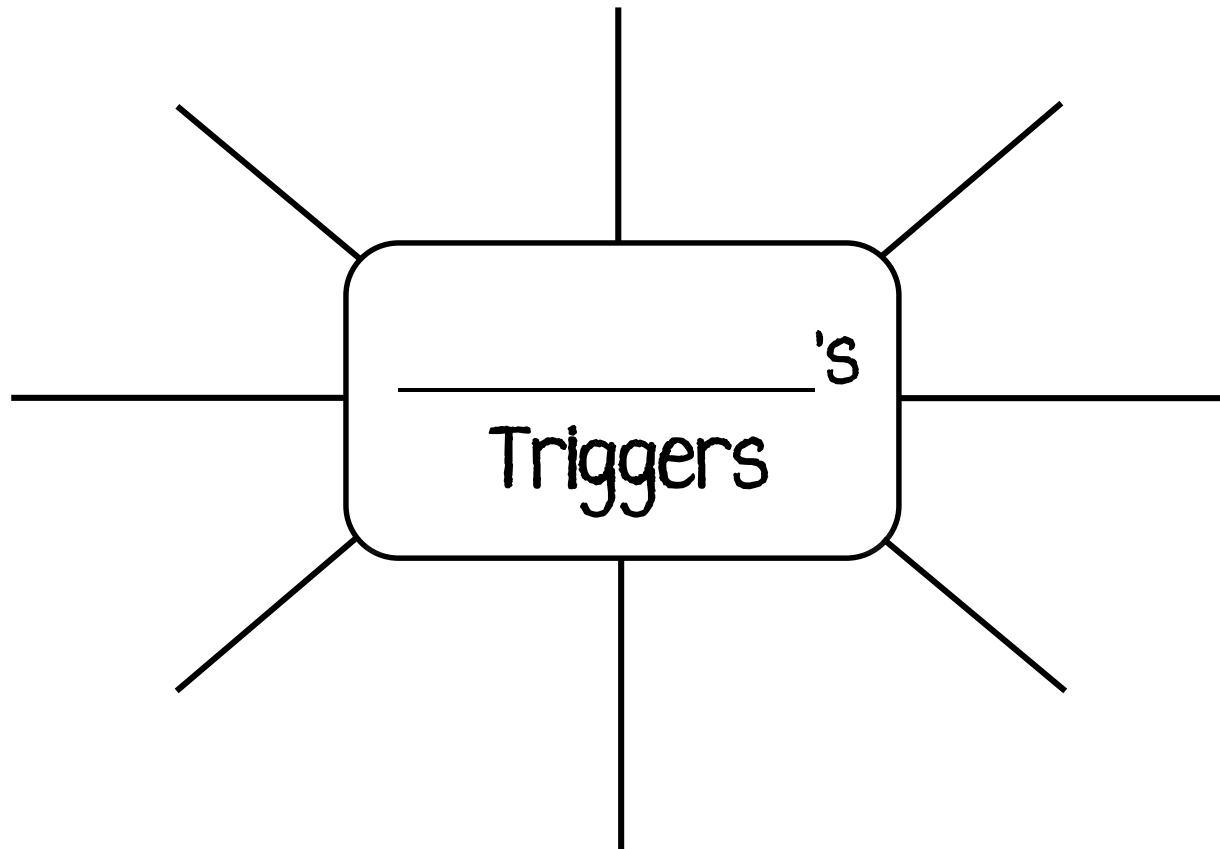
ZONES Check - In



Knowing My Triggers

What triggers me?

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



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:

<http://www.teacherspayteachers.com/Product/Interactive-ZONES-of-Regulation-Package-Name-Plates-Bookmarks-MORE-1172999>.



I truly appreciate your feedback! 😊

- *Sunshine on a Cloudy Day*