Make A Zones Check-in at Home

Have you been learning about *The Zones of Regulation*? Follow these easy steps to make your own Zones check-in for everyone to use in your home.

- **Step 1:** Watch the video directions

- **Step 2:** Decide what you want your Check-In to look like

  *For example: Use the handout provided, Legos, colored paper, emojis, characters from a show, etc.*

- **Step 3:** Gather your materials

  *For example: paper, scissors, glue, Legos, magazines, print pictures, etc.*

- **Step 4:** Create your Zones Check-in which includes:
  - Red, Yellow, Green and Blue Zone areas
  - A way to represent each person in your family

    *For example: Names or pictures on Post-its, magnets, clothespins, or paperclips*

- **Step 5:** Display in a place where your family spends lots of time.

- **Step 6:** Start Checking-In! Do so as often as you want, but for sure everyday.
The Zones of Regulation can help us think and talk about how we are feeling. All the Zones are OK!

What Zone Are You In?

BLUE ZONE
- Sad
- Tired

GREEN ZONE
- Calm
- Happy

YELLOW ZONE
- Bored
- Frustrated

RED ZONE
- Silly
- Mad

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Based on The Zones of Regulation (Kuypers, 2011)
Available at www.socialthinking.com