

# ZONES

of

# REGULATION



**BLUE**  
Sad  
Moving Slowly  
I FEEL:  
Sick

**YELLOW**  
Scared  
Frustrated  
I FEEL:  
Sick

**GREEN**  
Focused  
Ready to learn  
I FEEL:  
Calm

**RED**  
Out of Control  
Yelling  
Angry  
I FEEL:  
Frustrated

**BLUE**  
Sad  
Moving Slowly  
I AM:  
Sad  
Tired  
Sleepy  
Bored  
I CAN TRY:  
Getting a drink  
Talking to a friend  
Taking a break

**GREEN**  
Happy  
Calm  
Focused  
Ready to Learn!  
I AM:  
Good to Go!  
Happy  
Calm  
I CAN TRY:  
Helping a friend  
Doing my best work  
Be a leader

**YELLOW**  
Frustrated  
Worried  
Scared  
Silly  
Excited  
I AM:  
Frustrated  
Worried  
Scared  
Silly  
Excited  
I CAN TRY:  
Getting a drink  
Eating a snack  
Stretching

**RED**  
Angry  
Mad  
Out of Control  
Yelling  
I AM:  
Angry  
Mad  
Out of Control  
Yelling  
I CAN TRY:  
Reading or drawing  
Counting to 10  
Squeezing a ball



# The Zones of Regulation

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# Check Your Engine



# Individual Student Engines



# BLUE



I FEEL:

Sad

Sleepy

Moving  
Slowly

Sick

Bored

# GREEN



I FEEL:

Focused

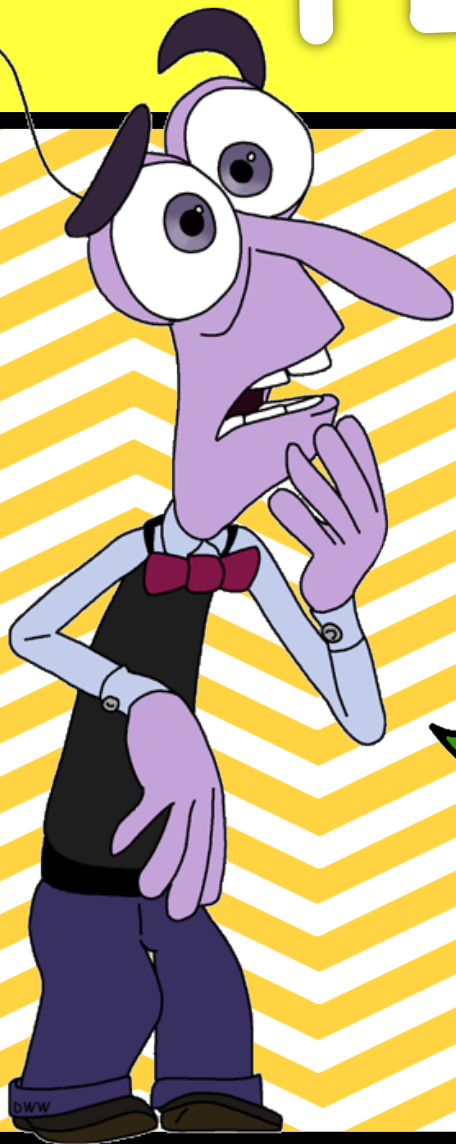
Good to Go!

Ready to learn

Calm

Happy

# YELLOW



Silly

I FEEL:

Excited

Scared

Frustrated

Angry

# RED



Mad

I FEEL:

Out of Control

I need some  
space

Yelling

Angry



# What ZONE are YOU in?

**BLUE**



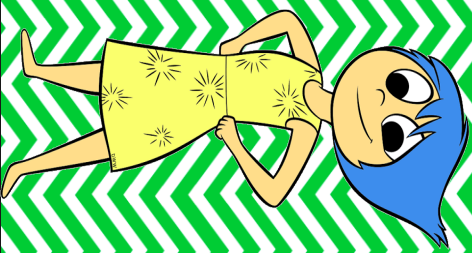
**I AM:**

Sad  
Sick  
Sleepy  
Bored  
Moving Slowly

**I CAN TRY:**

Getting a drink  
Talking to a friend  
Taking a break

**GREEN**



**I AM:**

Good to Go!  
Happy  
Calm  
Focused  
Ready to Learn!

**I CAN TRY:**

Helping a friend  
Doing my best work  
Be a leader

**YELLOW**



**I AM:**

Frustrated  
Worried  
Scared  
Silly  
Excited

**I CAN TRY:**

Getting a drink  
Eating a snack  
Stretching

**RED**



**I AM:**

Angry  
Mean  
Out of Control  
Yelling  
I need some space

**I CAN TRY:**

Breathing Strategies  
Counting to 100  
Squeezing a ball

# IMPLEMENTATION Ideas

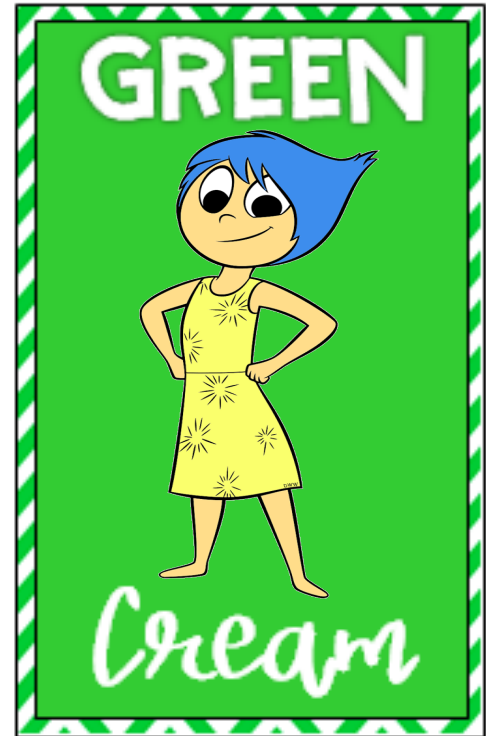
Accompanying Leah Kuypers' Zones of regulation, these lotion labels are perfect for any classroom! Self-regulating is an important skill for students to learn at an early age. One tool that students can use to self-regulate is calming lotion. Calming lotions can be used when students identify their emotion / zone. The act of putting on lotion soothes and calms students. For students who are already focused, GREEN CREAM can be used to help them stay regulated, concentrate, or act as good luck on a test! 😊

## PREP:

Cut out labels and tape onto lotion bottles. I use packing tape to help preserve the labels!

## TIP:

Dollar Tree lotions are perfect and cost efficient! You can refill the lotion bottles so you don't have to continue to label new bottles!



# credits



 Disney Clip Art Galore

