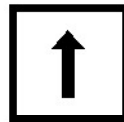


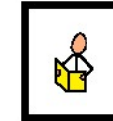
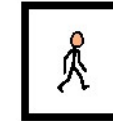
The ZONES of Regulation®

| | | | |
|--|---|--|--|
| | | | |
| BLUE ZONE Sad Sick Tired Bored Moving Slowly | GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control | RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control |
| soft velcro | | | |



Strategies

| | |
|--|-------------|
| | soft velcro |
| | soft velcro |
| | soft velcro |
| | soft velcro |



To make Zones Meter:

- Print out, glue back to back and laminate or mac tac.
- Add velcro to bottom of zones of regulation to use with arrow to identify the zone
- Add velcro to the strategies side to use with strategy visuals for each zone

To use the Zones Meter:

The Zones meter can be used across the day within activities and locations. The student and supporting adult can discuss the zones to identify the appropriate zone for that moment. (Non verbal cues can be used if student in unable to identify) The Meter can be flipped over and the corresponding Strategy visual can be explored to see if it helps the student regulate.