

## Zones of Regulation: Create a Zones Check-in at Home

### Zones of regulation

The Zones of Regulation was created by Leah Kuypers and uses four colours to help children self-identify how they are feeling and categorise it based on colour. This helps children (and us) to better understand their emotions, sensory needs, and thinking patterns. They can then learn different strategies to help them cope and manage their emotions based on which colour zone they are in.

Therefore, the Zones of Regulation help us to think and talk about how we are feeling. All of the Zones are OK!



### Make a Zones Check-in at Home

**Step 1:** Watch the video directions <https://youtu.be/66ogmkG98pl>

**Step 2:** Decide what you want your Check-In to look like, see the examples below



**Step 3:** Gather your materials, e.g. paper, scissors, glue, magazines

**Step 4:** Create your Zones Check-in which includes: the red, yellow, green and blue Zone areas and a way to represent each person in your family e.g. names or pictures on post-its

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

**Step 6:** Start Checking-In every day.