

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

