



Make a Zones of Regulation Check-in at Home

At Newtongrange Primary, we have been using the Zones of Regulation to support our learners to express how they are feeling and help them to self-regulate. Zones tools are sensory-based strategies that are easily accessible within your everyday environment.

We need to teach our children good coping and regulation strategies so that they can help themselves when they experience emotions such as anxiety or stress. Teaching children these tools at a young age will support them in later life.

Follow these easy steps to make your own Zones check-in for everyone to use in your home.

Step 1: Watch the video directions.

<https://www.youtube.com/watch?v=66ogmkG98pl>

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

For example: Use the handout provided, Legos, coloured 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 lots of spends time.

Step 6: Start Checking-In! Do so as often as you want, but for sure every day.

