



What can I do to support the Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child. E.g. "I'm feeling Sad because...., I am in the Blue Zone".
- Talk about which tool you will use to be in the appropriate Zone E.g. "I'm going to listen to some music to get to the Green Zone".
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. E.g. "I can see you are working really hard to stay in the Green Zone by.....".
- Label which Zones your child is in throughout the day. E.g. "You look sleepy; I wonder if you are in the Blue Zone?"
- Teach your child which Zone tools they can use. E.g. "It's time for bed, let's read a book together to get to the Blue Zone".
- Reference the Zones visuals and tools in your home. E.g. Zone check-in stations and toolboxes for the family! Make portable Zones cards.
- Play "Feelings Charades".
 - Take turns choosing emotions from a stack of cards or papers and act it out using only facial clues and body language. Guess each other's emotion, discuss which Zone it's in and why.
- Name the feelings of characters while watching a movie (and point out any strategies they use).
- Story ideas linked to emotions: 'The Way I Feel' by Janan Cain, 'The Colour Monster' by Anna Llenas, 'The Road to Regulation' and 'The Regulation Station' by Leah Kuypers and Elizabeth Sautter.
- Play "Zones Uno" (can be purchased online).
- There is also a 'Zones of Regulation' app.
- Emotions Bingo.