

Zones of Regulation Sentence Stems

“Let’s do a Zones Check-In”

“How are you feeling? Shall we try a tool?”

“_____ is making me feel _____”

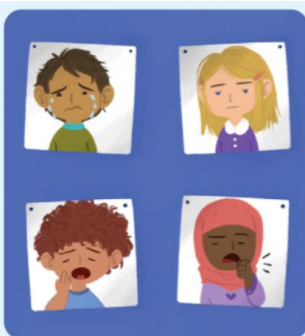
“Let’s regulate together”

“How can I help you with this feeling?”

“It’s okay to feel...”

“All zones are OK”

“I’ve noticed that your body is... What zone are you in?”



Blue Zone

Sad - Bored
Tired - Sick



Green Zone

Happy - Focused
Calm - Proud



Yellow Zone

Worried - Frustrated
Silly - Excited



Red Zone

Overjoyed/Elated
Panicked - Angry - Terrified