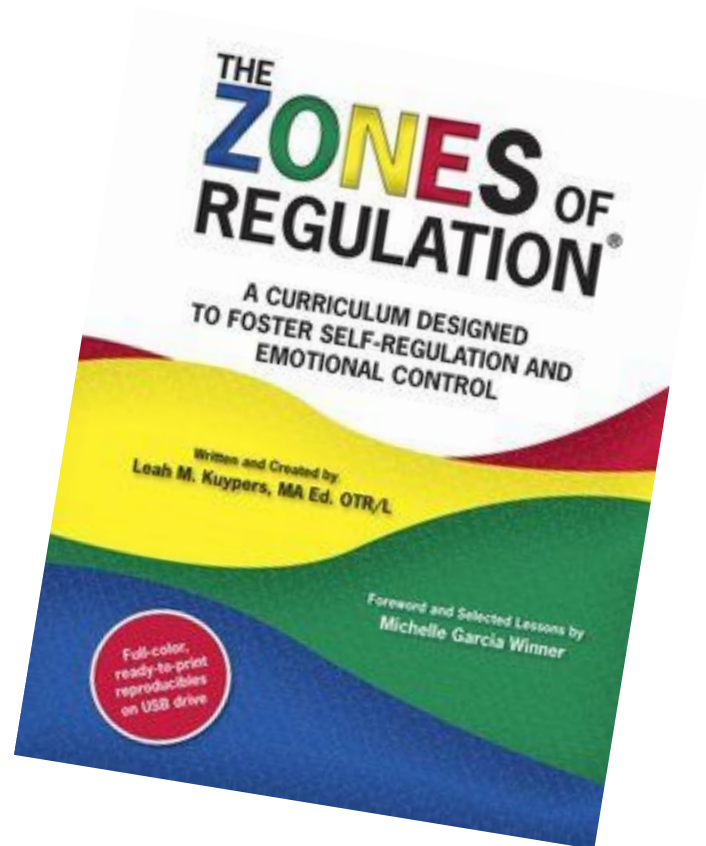


# Zones of Regulation



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# Resources

## Teachers Pay Teachers:

- Interactive ZONES of Regulation Package - Name Plates, Bookmarks, & MORE!
- Emotions Fortune Teller - Self Regulation
- Zones of Regulation Poster Set
- Self Regulation Flip Book - What Color Is Your Pumpkin?
- Self Regulation SUPER BUNDLE!
- Anger Self-Control Activities: Cones of Regulation

## Activities:

- Fortune Teller
  - <https://www.teacherspayteachers.com/Product/Emotions-Fortune-Teller-Self-Regulation-2841028>
- Calm Down Bottles
  - <http://mskcpotter.blogspot.com/2015/06/calm-down-jar-upgrade-and-recipe.html?m=1>
- DIY Stress Balls
  - <https://littlebinsforlittlehands.com/halloween-calm-down-balls-for-kids/>
  - <https://bitzngiggles.com/kids-squeeze-ball/>
- Name Plate
  - <https://www.teacherspayteachers.com/Product/Interactive-ZONES-of-Regulation-Package-Name-Plates-Bookmarks-MORE-1172999>

## Games:

- Pop up Pirate
- Feelings Uno
- Zones Bingo
- Jenga
- Pop the Pig
- Operation
- Kahoot

## Books:

- Wilma Jean, The Worry Machine Book (<https://youtu.be/EpdHjy7aDJc>)
- On Monday When it Rained (<https://m.youtube.com/watch?v=eOhwGmxDP18>)
- The Way I Feel (<https://m.youtube.com/watch?noredirect=1&v=GVrJUzJKNYy>)
- Today I Feel Silly (<https://youtu.be/CcQXCD0FZv0>)
- My Mouth is a Volcano (<https://youtu.be/e9fXtvcxLLc>)
- Soda Pop Head ([https://youtu.be/xdqbe\\_fKzCs](https://youtu.be/xdqbe_fKzCs))
- Bubble Gum Brain (<https://youtu.be/Ame8AZ4pWZQ>)

## Parent Handout:

- Definition
- Why is it important
- Zones
- Factors that affect regulation

## Curriculum:

- <http://www.zonesofregulation.com>
- Purchase curriculum book (\$47.99)
  - [www.socialthinking.com](http://www.socialthinking.com)
  - Comes with flash drive or CD to print copies of worksheets

