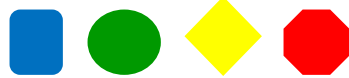
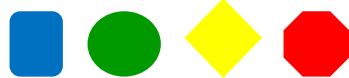
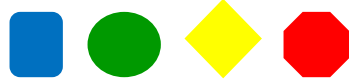
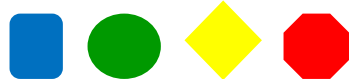
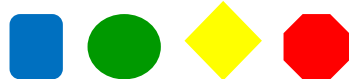
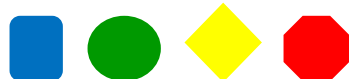
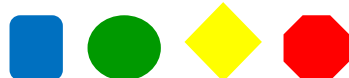
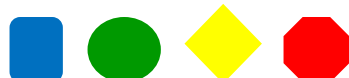


My Zones During the Day

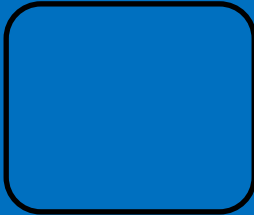
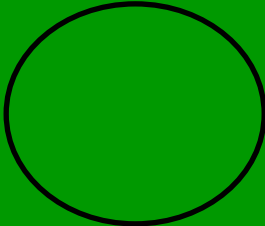
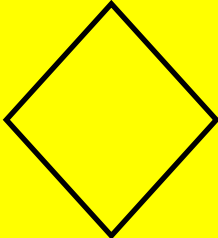
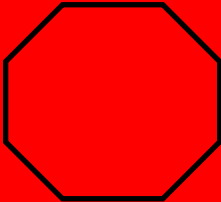
Name: _____

Date: _____

Time	Activity	What am I feeling?	What zone is my feeling? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No
		What is my behavior?	What zone is my behavior? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No
Time	Activity	What am I feeling?	What zone is my feeling? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No
		What is my behavior?	What zone is my behavior? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No
Time	Activity	What am I feeling?	What zone is my feeling? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No
		What is my behavior?	What zone is my behavior? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No
Time	Activity	What am I feeling?	What zone is my feeling? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No
		What is my behavior?	What zone is my behavior? 	Teacher Help? <input type="checkbox"/> Yes <input type="checkbox"/> No

Created by Dr. Christine Peck, Cooperative Educational Services, Trumbull, CT, 2013.
 Based on the original work of L. Kuypers, The Zones of Regulation®, 2011.

My Zones Tool Box

<p>Blue Zone</p> 	<p>Green Zone</p> 	<p>Yellow Zone</p> 	<p>Red Zone</p> 
When I feel...	When I feel...	When I feel...	When I feel...
<p>Sad Tired Sick Bored</p>	<p>Happy Calm Focused</p>	<p>Frustrated Worried Silly Excited</p>	<p>Mad Angry Afraid</p>
I can...	Behaviors	I can...	I can...

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Zones of Regulation Data Tracking

Student:



















Date:

Time	Activity/Location	Feeling	Behavior	Tool Box Strategy Used	Comments
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	
		 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	 <input type="checkbox"/> Identify independently <input type="checkbox"/> Identify with prompt	<input type="checkbox"/> Independent <input type="checkbox"/> Adult prompt	

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Date:

My Day

Activity	Feelings	Behavior	Comments
			
			
			
			
			
			
			
			
			

My Rules:

<ol style="list-style-type: none"> 1. Do my work 2. Listen to teachers 3. Ask for help when I need it 	<p style="color: green; font-weight: bold;">My feelings are ok.</p> <p style="color: red; font-weight: bold;">When I feel sad, angry, or frustrated, I can ask for help or use my toolbox.</p>
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