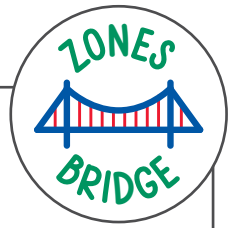


# Concept 5 – The Zones Check-In



## WHAT ARE WE LEARNING?

We are learning how to do a **Zones Check-In** to notice and identify how we feel throughout the day. During a Zones Check-In, we pause to think about our body signals, emotions, and to name our Zone. We can check in on our own or with others, depending on our comfort and needs.



## WHY IS IT IMPORTANT?

A Zones Check-In:

- Helps us notice and make sense of our feelings.
- Makes it easier to share or communicate our feelings with others.
- Helps us figure out if and how to regulate.



## ASK AND SHARE

To help with learning, discuss these questions together.

- *When are some good times of day to do a Zones Check-In?*
- *When might you check in on your own? When might you want to share your check-in with someone else?*



## BRIDGE ACTIVITY: MAKE A ZONES CHECK-IN

Follow these steps to make a Zones Check-In for everyone to use.

- 1 Make a Zones Check-In for everyone using your visual of the four Zones of Regulation, or make your own. Create a representation icon for each person, such as with a photo, mini-figure/character, or sticky note with name. Attach each icon so that it can easily be moved from Zone to Zone.
- 2 Post your Zones Check-In where everyone spends time. Invite each person to check in by moving their icon to the Zone they are in.
- 3 Everyone can check in with their Zones at least once a day. The more we practice, the easier it becomes!

For more information, you can watch this video, [youtube.com/watch?v=66ogmkG98pl](https://youtube.com/watch?v=66ogmkG98pl)

