

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

