Greetings Loma Verde Family,

This is your School Counselor, Mr. Arias. As you may have seen in Ms. Amanda’s (our wonderful School Psychologist) newsletter, we use the Zones of Regulation as a tool for identifying and talking about feelings. Please see the Zones of Regulation graphic and check-in sheet example below to use in discussing feelings with your students. Your child may already be proficient in the Zones, so give it a try!

I also included a link to a short video clip of the movie “Inside Out” and how the characters relate to the Zones. This is a great way to quiz your child on knowing the Zones! In addition, you can build on your child’s emotional self-awareness with the Zones drawing activity to help your child identify how they look, feel, and how others might feel based on what Zone they are in. This is a great tool for younger and older students!

Please e-mail me or your child’s teacher for any questions/support. Stay safe and healthy everyone!

Best regards,
Diego Arias, M.S., PPS
diego.arias@cvesd.org

Quote of the Week: “Think left and think right and think low and think high. Oh, the things you can think up if only you try!” – Dr. Seuss

The Zones of Regulation®

BLUE ZONE
Sad
Sick
Tired
Bored
Moving Slowly

GREEN ZONE
Happy
Calm
Feeling Okay
Focused
Ready to Learn

YELLOW ZONE
Frustrated
Alarmed
Silly/Wiggly
Excited
Loss of Some Control

RED ZONE
Mad/Angry
Terrified
Yelling/Hitting
Elated
Out of Control

ZONES Check-In Activity
- “I feel (feeling word).”
- “I’m in the (zone color) Zone.”

ZONES Drawing Activity
*On a sheet of paper, draw a self-portrait for each Zone and complete the following prompts:

- My face and body clues are: ____________________
- I feel in the ______ Zone when: __________
- I am more likely to make others feel: _____

Inside Out/Zones Video Clip!
*Pause after each character and quiz your child: What Zone color is each character?

https://www.youtube.com/watch?v=L0e-oMZ000