

Looking for a way to engage with the Zones of Regulation over the summer months? Please see below for a list of fun games and activities to do with your child(ren).



17 Zones of Regulation Activities We Love and Where to Find Them

Zones Uno – Emotions Match Up | Teachers Pay Teachers

Teachers Pay Teachers offers all kinds of helpful activities and games to help kids work on specific skills, and this Uno-inspired match-up game presents thought-probing questions about emotions, situations, and strategies which not only serve as an excellent teaching tool, but also helps foster conversation skills!

Emotions Sorting Game | Mom Endeavors

If your child struggles with emotional regulation, this is a great activity to explore. It's based on the movie *Inside Out*, and these *Inside Out figures* provide so many opportunities to teach kids about anger, sadness, fear, disgust, and joy!

Zones Bingo | Lunch Buddies Plus

This is a super fun activity, and it's included in the *Zones of Regulation book*. All you need are some *colored plastic counters*, and you can enjoy this game with your kids over and over again.

Zones of Regulation Scenario Cards | Teachers Pay Teachers

Scenario cards offer a great way to engage in back-and-forth conversation, and this set is a great way to get kids thinking about the different emotions and feelings associated with each zone

Self-Control Bubbles | Love, Laughter and Learning in Prep!

If you want an excuse to get outside and enjoy some sunshine with your little ones, grab a couple of *bottles of bubbles* and give this self-control activity a try!

Describing and Solving Problems – Emotional Regulation Activities | Teachers Pay Teachers

This is a great activity for kids who struggle to distinguish between big and small problems as well as appropriate reactions.

Inside Out Game of Emotions | Printable Crush

This is another self-regulation activity based on the movie *Inside Out* and I love it. All you need is a printer and these *Inside Out figures* and you can have heaps of fun with your kids while teaching them all about emotions.

Zones of Regulation Twister | Unknown

If your kids enjoy the classic game **Twister**, this is a great activity to try and you can set this up so many different ways. For example, when your child puts a hand on a certain color, he must tell you about a time he was in that colored zone, and when he puts his foot on a certain color, he must tell you about a strategy he used while in that colored zone to help him get back to the green zone.

Feelings Identification Activities | Teachers Pay Teachers

Emoji cards are a fun way to teach kids about emotions and self-regulation, and this activity on Teachers Pay Teachers offers various different games you can engage your children in.

Zones of Regulation Calm Down Jars | newjourneyon

Calm down jars are an easy self-regulation tool you can make at home, and I love the ideas of making a jar for each of the different zones of regulation. All you need is a few **clear plastic water bottles**, water, **food coloring**, **glue**, and **glitter**!

A Jar Full of Feelings | Mosswood Connections

This is a simple, yet effective idea to not only help children express the emotions they're feeling, but the degree to which they're feeling them. All you need is a **jar**, a **sharpie**, and a bunch of different colored **pom poms**!

Feelings and Strategy | Teachers Pay Teachers

With modifications, this activity can be used for kids of all ages to help identify which situations put them in each zone, what strategies or tools get them out of each zone, and the feelings they experience within each zone.

Feelings Thermometer | Coping Skills for Kids

This is a great tool to help kids recognize when their feelings within a certain zone are escalating so they can learn the warning signs and come up with coping strategies.

Hula Hooping Zones | Peachy Speechie

Grab some **colored hula hoops** and a few **bean bags** and give this super fun zones of regulation activity a try!

Operation: Teaching Emotional Regulation Skills | Speech Paths

If you have a copy of the classic, or even one of the newer versions of the game **Operation**, Speech Paths has a great way to turn it into an emotional regulation skill-building game the whole family will enjoy!

Feelings and Emotions Scavenger Hunt | Mosswood Connections

If your kids love scavenger hunts, this activity offers a great way to teach them about emotions while on the go!

Self-Regulation Break Cards | Teachers Pay Teachers

This is a genius way to help kids identify how to calm themselves within each zone, and offers a compact, visual reminder they can keep with them at all times.