COLOR ZONES

Feelings Cut and Paste · K-2 · Set 3





2 LEVELS



Bright Path Sped

Preview - Bright Path Sped

Start Here

Zones of Regulation Activities Cut and Paste Worksheets K-2 Set 3

What's inside

Activity	Pages	Levels
Meet the color zones (reference)	3	–
Zone sort: glue pictures into the matching zone house	4–7	● ■
Feeling word match	8–11	● ■
What zone am I in? glue the word and the color square	12–13	●
Feelings graph: cut, glue, then answer how many / which zone has the most	14–15	●
Same feeling match: glue the boy next to the matching girl	16–19	● ■
My color zones mini book: 4 cut-and-staple booklet sheets	20–23	–
My color zones mini book: picture-piece sheet	24	–
Ink-saver copies of every page above except the 4 booklet sheets	25–42	line art

How to use it

- Two levels on the sort, the word match and the same-feeling match, marked with a small shape: ● starting – an errorless hint (a color dot, or a matched anchor picture); ■ building – the same task with no hint.
- The graph and what-zone-am-I-in pages are one level, built for the start of this skill.
- The mini book: print the booklet sheets double-sided (2 physical sheets), cut each sheet along its middle line, stack the 4 half-sheets in order and staple on the left edge for an 8-page book; the picture sheet is the one the child cuts and glues into each zone page.
- Read the one short direction on each page aloud and point to the picture.
- Print in color, or use the ink-saver pages at the back on a photocopier -- every zone square and house roof still prints its zone's name so the ink-saver pages stay as readable as the color ones.

Your school's program comes first

The four colors are a simple, common way to talk about feelings. If your school uses a feelings or self-regulation program, use its own words with these pages. Our classroom words for the zones: _____

Not affiliated with or endorsed by The Zones of Regulation®, its author or its publisher, or any other social-emotional learning program.

PREVIEW

Preview - Bright Path Shed

Look at each color zone. Every feeling is okay.

Blue Zone



Sad



Shy

Green Zone



Happy



Calm



Proud

Yellow Zone



Worried



Excited



Confused

Red Zone



Angry



Scared

All zones are okay. Every feeling is okay.

PREVIEW

Preview - Bright Path Sped

✂ Cut out each picture.


Sad


Sad


Shy


Shy


Happy


Happy


Calm


Calm


Worried


Worried


Excited


Excited


Angry


Angry


Scared


Scared

PREVIEW

Preview - Bright Path Sped

✂ Cut out each picture.


Sad


Sad


Shy


Shy


Happy


Happy


Calm


Calm


Worried


Worried


Excited


Excited


Angry


Angry


Scared


Scared

PREVIEW

Write the word under its picture.



_____



_____



_____



_____



_____



_____

Word bank: Sad · Happy · Worried · Angry · Shy · Calm

PREVIEW

Glue the feeling word and the color zone square.













PREVIEW

Feeling words

Sad	Happy	Worried	Angry	Shy	Calm

Zone squares

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE	BLUE ZONE	GREEN ZONE

✂ Cut and glue. Graph A: fill in the zones.

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

Blue zone: how many? ☐

Green zone: how many? ☐

Yellow zone: how many? ☐

Red zone: how many? ☐

Which zone has the most? _____

Cut and glue a picture into each zone column above



PREVIEW

Glue the boy next to the girl with the same feeling.













Boy pictures













PREVIEW

Glue the matching boy and the color zone square.













Boy pictures













Zone squares

YELLOW ZONE	RED ZONE	GREEN ZONE	YELLOW ZONE	YELLOW ZONE	YELLOW ZONE

PREVIEW

Blue Zone

In the blue zone I can feel

I feel this way when

Green Zone

In the green zone I can feel

I feel this way when

PREVIEW

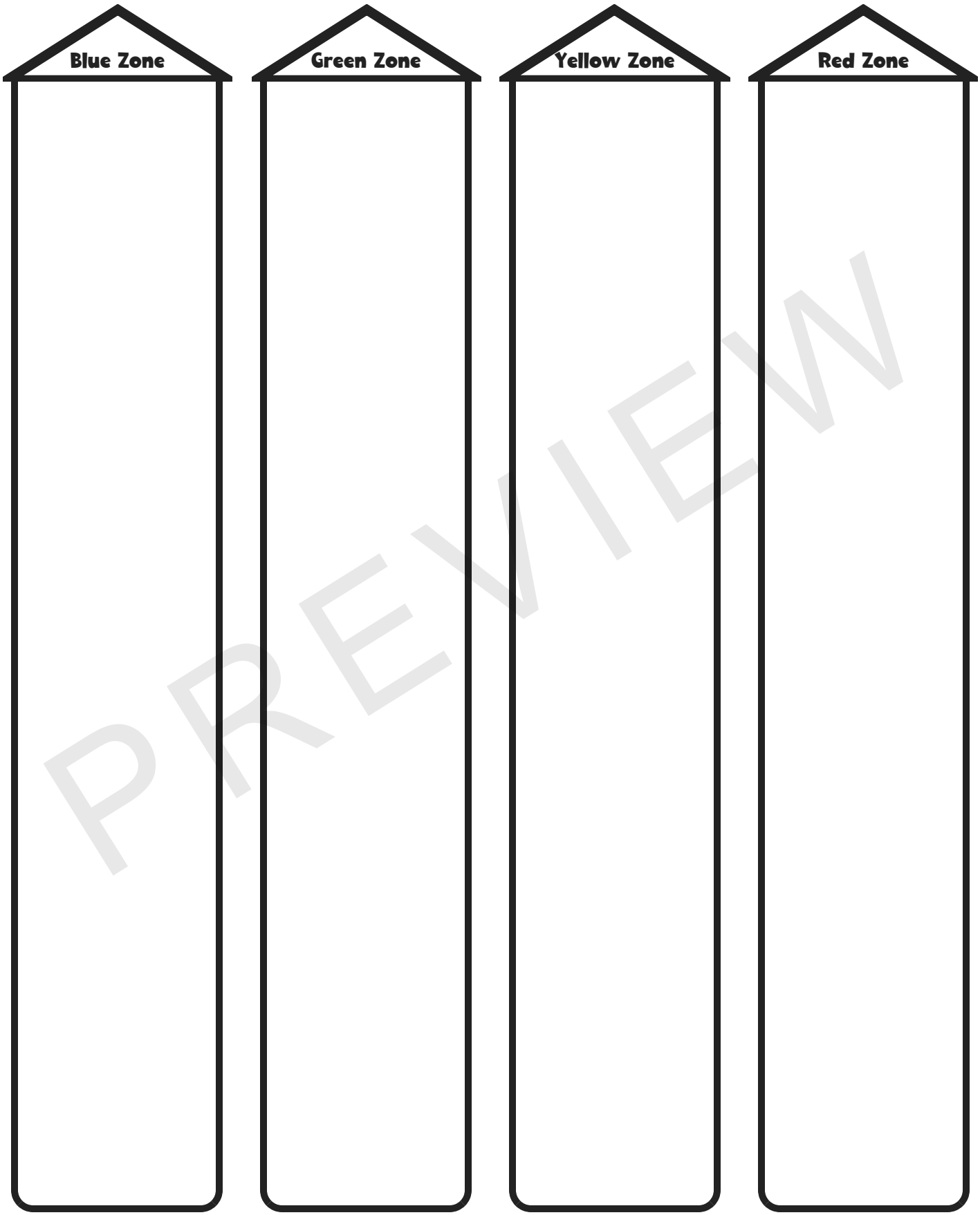
✂ Cut a picture. Glue it on its zone's book page.

 Blue Zone	 Blue Zone	 Green Zone	 Green Zone
 Yellow Zone	 Yellow Zone	 Red Zone	 Red Zone

PREVIEW

Preview - Bright Path Shed

Glue each picture in its zone house.



PREVIEW

Preview - Bright Path Sped

Glue each picture in its zone house.

Blue Zone	Green Zone	Yellow Zone	Red Zone

PREVIEW

Cut a word. Glue it under its picture.













PREVIEW

Word cards

Sad	Happy	Worried
Angry	Shy	Calm

Write the word under its picture.



_____



_____



_____



_____



_____



_____

PREVIEW

Word bank: Excited · Scared · Proud · Confused · Embarrassed · Surprised

Glue the feeling word and the color zone square.













PREVIEW

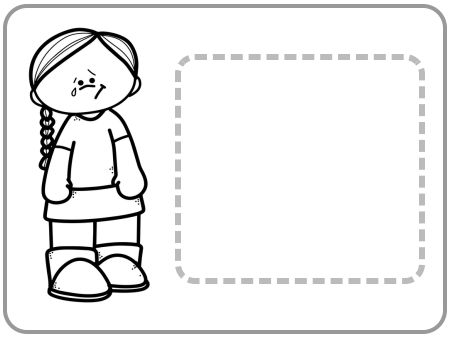
Feeling words

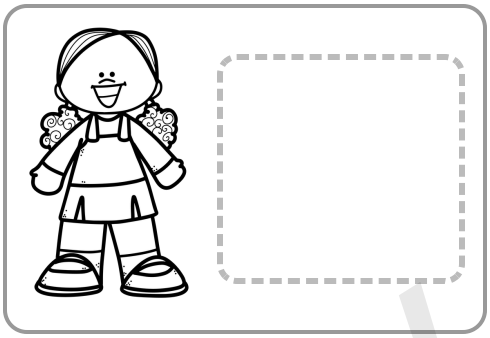
Excited	Scared	Proud	Confused	Embarrassed	Surprised

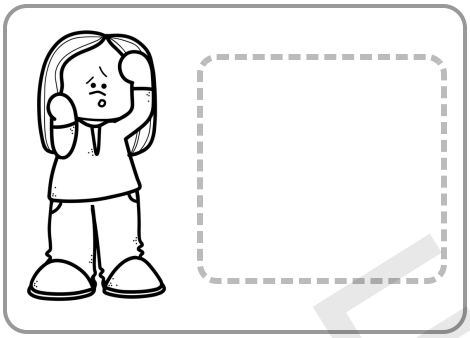
Zone squares

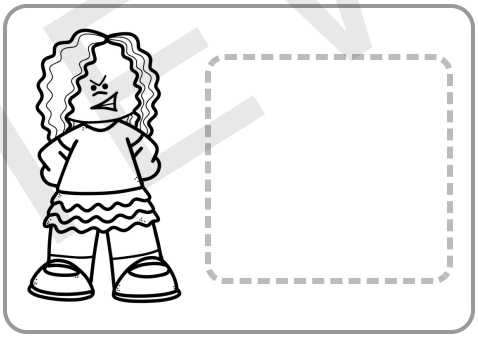
YELLOW ZONE	RED ZONE	GREEN ZONE	YELLOW ZONE	YELLOW ZONE	YELLOW ZONE

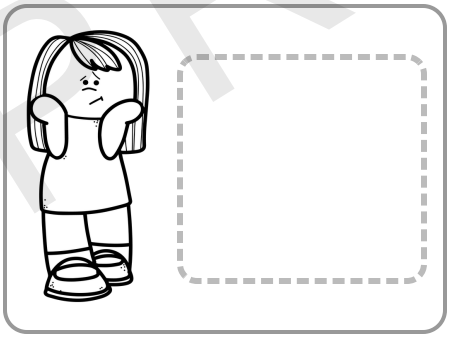
Glue the boy next to the girl with the same feeling.

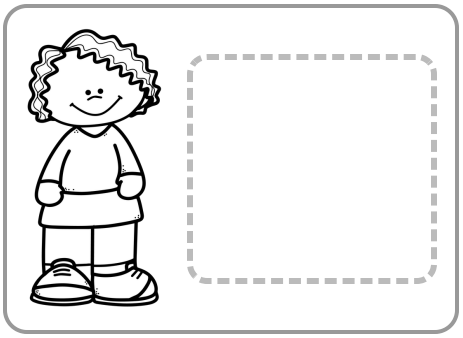




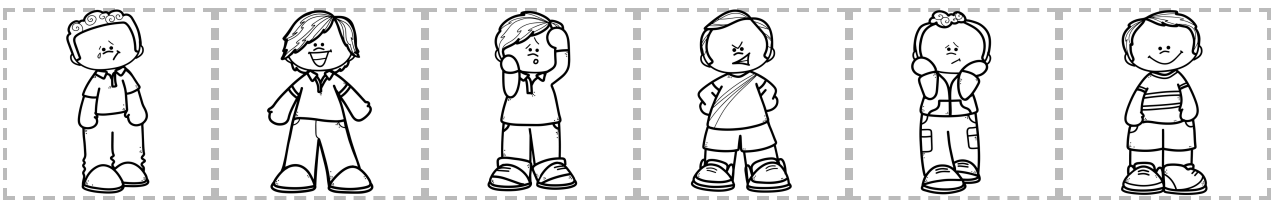






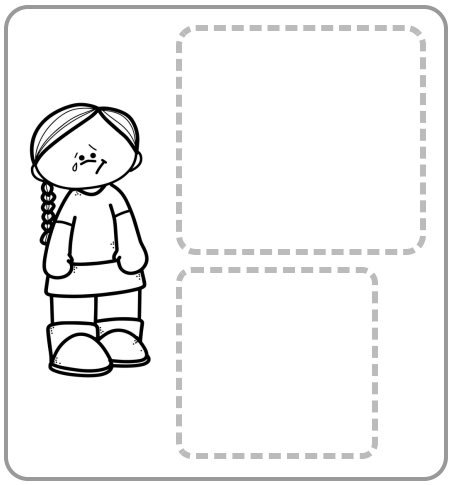
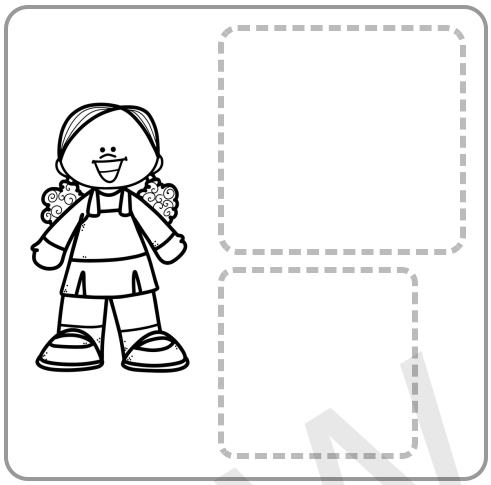
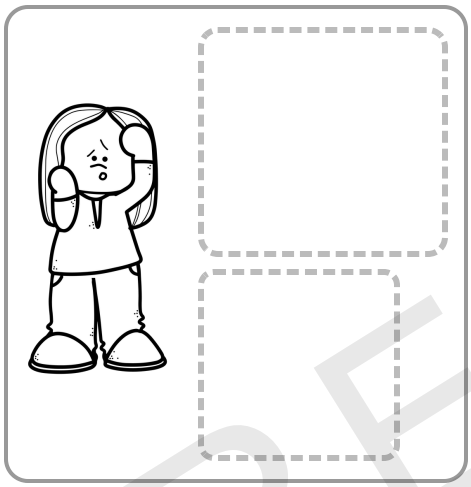
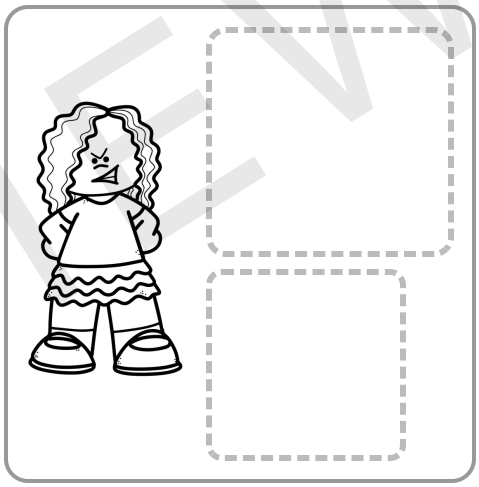
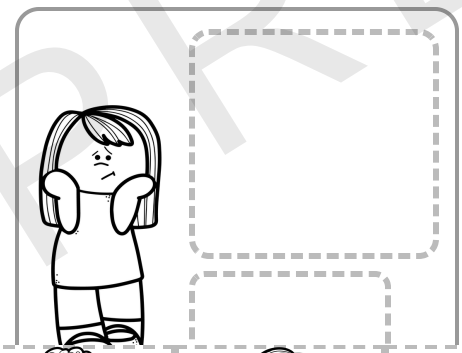
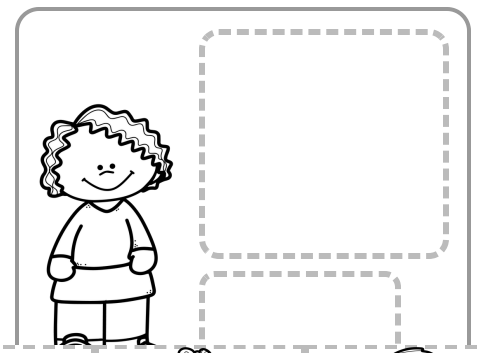


Boy pictures

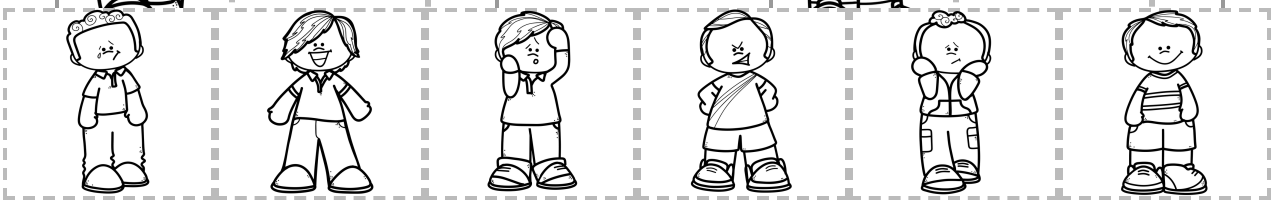


PREVIEW

Glue the matching boy and the color zone square.

Boy pictures

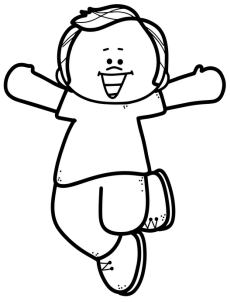


Zone squares

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE	BLUE ZONE	GREEN ZONE

PREVIEW

✂ Cut a picture. Glue it on its zone's book page.

 Blue Zone	 Blue Zone	 Green Zone	 Green Zone
 Yellow Zone	 Yellow Zone	 Red Zone	 Red Zone

PREVIEW