Bright Path Sped





2 LEVELS





COLOR ZONES NEW YEAR

Feelings Cut and Paste · K-2 · Set 7

Preview - Bright Path Shed

Start Here

Zones of Regulation Activities New Year Goals Cut and Paste K-2 Set 7

What's inside

Activity	Pages	Levels
Meet the color zones (reference)	3	–
Trace and glue: trace the feeling word, glue the matching kid	4–5	–
Same or different: two kids per row, cut and glue the word	6–7	–
Zone sort: glue pictures into the matching zone house	8–11	● ■
Feeling word match	12–15	● ■
How would you feel? glue a feeling and a zone for each scene	16–19	–
What zone am I in? glue the word and the color square	20–21	●
Feelings graph: cut, glue, then answer how many / which zone has the most	22–23	●
My Feelings Book: 4 cut-and-staple booklet sheets	24–27	–
My Feelings Book: picture-piece sheet	28	–
Ink-saver copies of every page above except the 4 booklet sheets	29–50	line art

How to use it

- Two levels on zone sort, feeling word 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.
- What zone am I in? glue the word and the color square, Feelings graph are one level, built for the start of this skill.
- My Feelings 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 book 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.

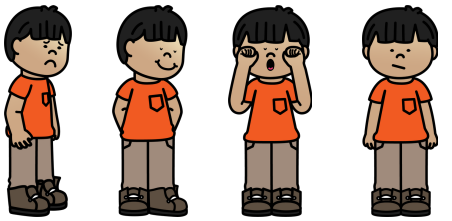
PREVIEW

Preview - Bright Path Shed

My name: _____

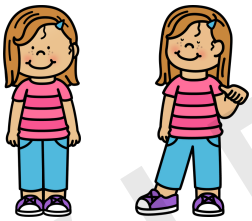
Look at each color zone. Every feeling is okay.

Blue Zone



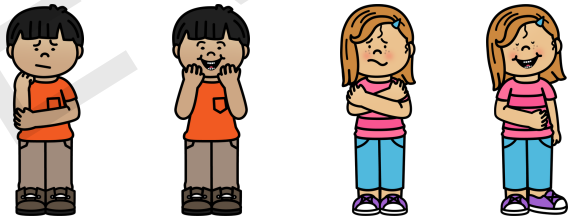
Sad Shy Tired Bored

Green Zone



Happy Proud

Yellow Zone



Worried Excited Nervous Silly

Red Zone



Angry Scared

PREVIEW

All zones are okay. Every feeling is okay.

Preview - Bright Path Sped

My name: _____

Trace the word. Glue the matching picture.

Excited

Scared

Tired

Nervous

Bored

Silly

PREVIEW

Feeling picture cards








Preview - Bright Path Sped

My name: _____

Glue each picture in its zone house.

Blue Zone	Green Zone	Yellow Zone	Red Zone

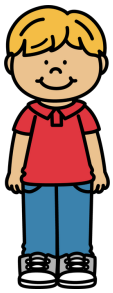
PREVIEW

Preview - Bright Path Sped

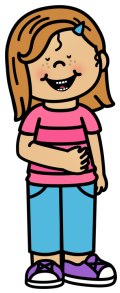
My name: _____

Cut out each picture.


Scared


Happy


Tired


Silly


Tired

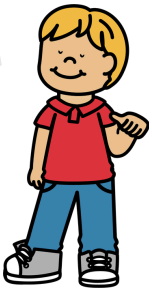

Scared


Worried

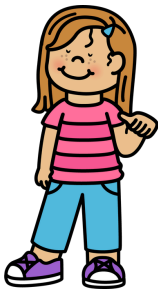

Sad

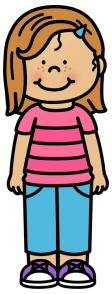

Angry


Angry


Proud


Sad

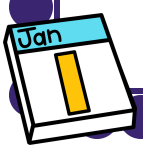

Proud


Happy


Worried


Silly

PREVIEW



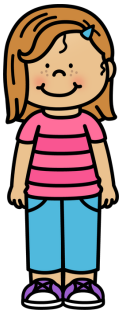


My name: _____

Write the word under its picture.



_____



_____



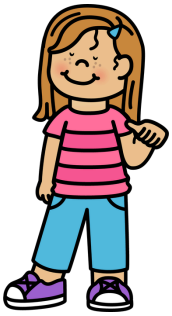
_____



_____



_____



_____

PREVIEW

Feeling word bank: Sad · Happy · Worried · Angry · Shy · Proud

Preview - Bright Path Shed

My name: _____

Look at the picture. Glue a feeling and a zone.

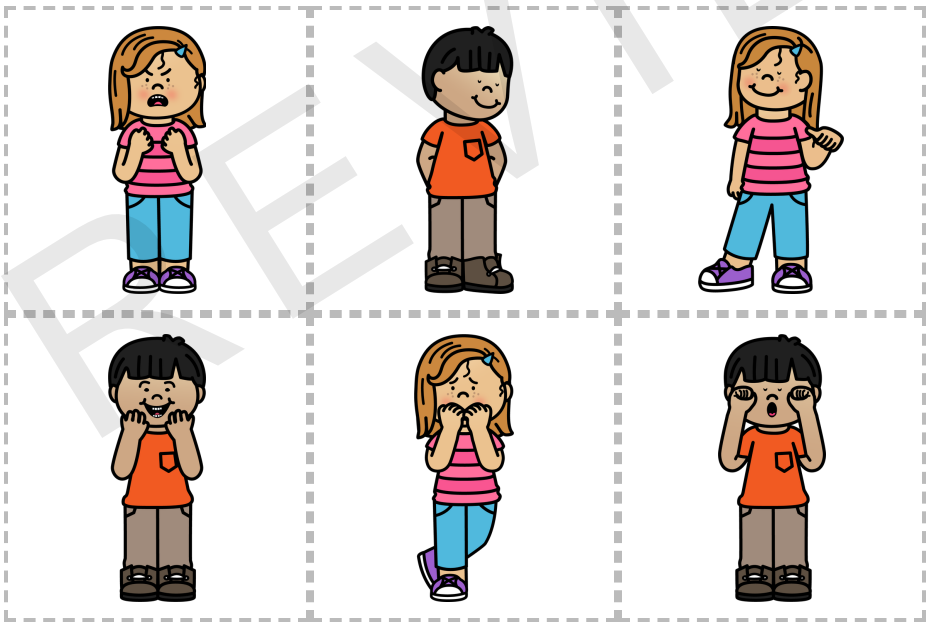


We read a Happy New Year sign on the class board.

feeling

zone

Feeling kids



Zone squares

BLUE ZONE

GREEN ZONE

YELLOW ZONE

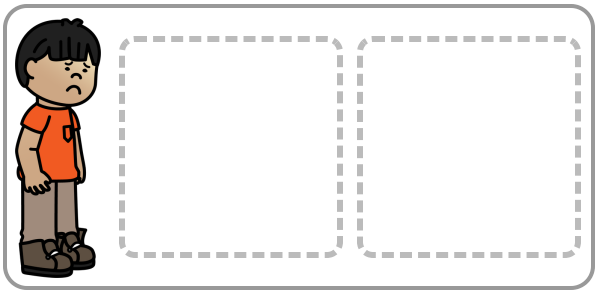
RED ZONE

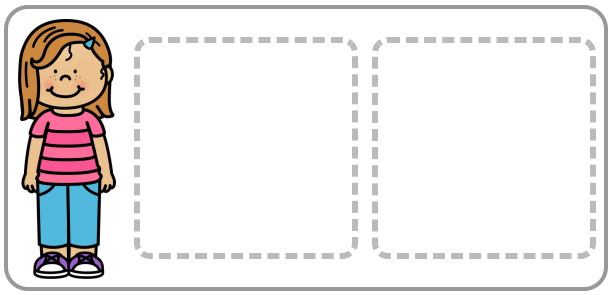
PREVIEW

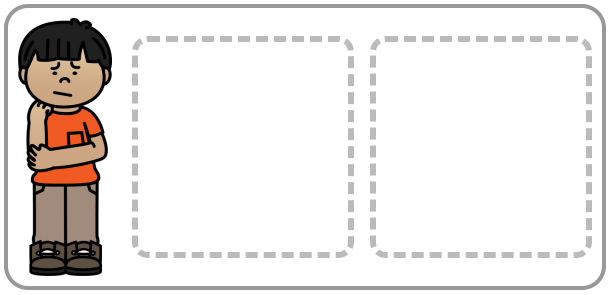
Preview - Bright Path Sped

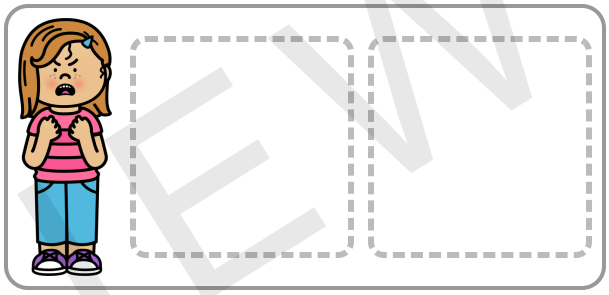
My name: _____

Glue the feeling word and the color zone square.

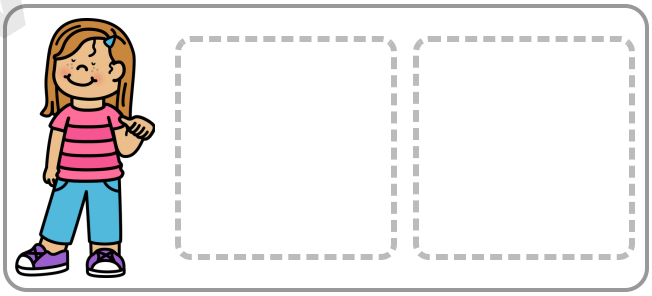












PREVIEW

Feeling words

Shy	Angry	Sad	Proud	Worried	Happy

Zone squares

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

Preview - Bright Path Sped

My name: _____

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

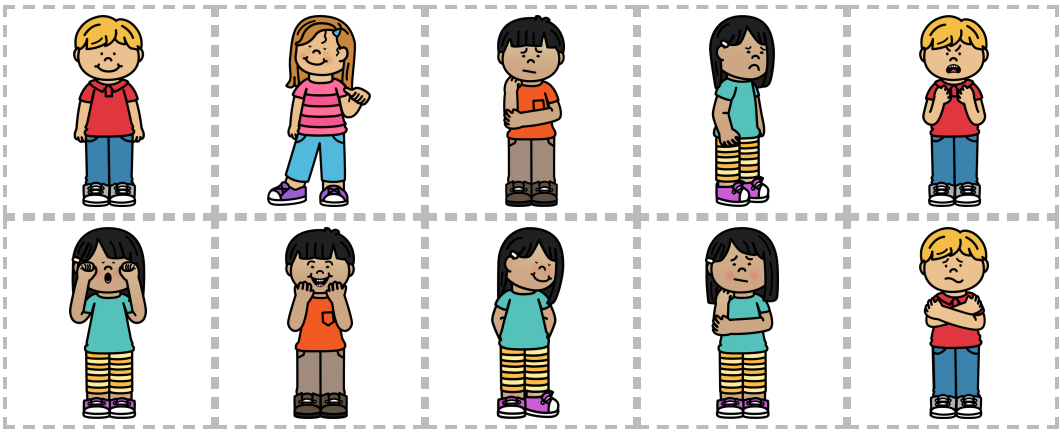
BLUE ZONE				
GREEN ZONE				
YELLOW ZONE				
RED ZONE				

Blue zone: how many? ☐ Green zone: how many? ☐

Yellow zone: how many? ☐ Red zone: how many? ☐

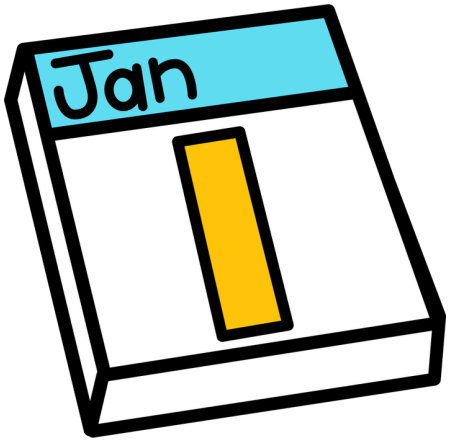
Which zone has the most? _____

Cut and glue a picture into each zone row above



PREVIEW

We write one new year goal on a calendar page.



I would feel

PREVIEW

We read a Happy New Year sign on the class board.

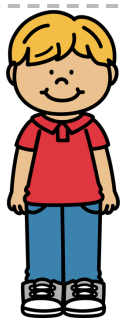


I would feel

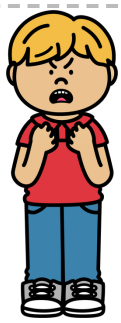
My name: _____

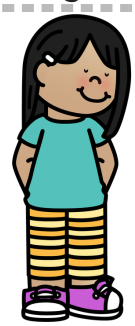
✂ Cut a feeling. Glue it on its book page.

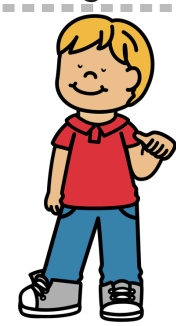

Page 3


Page 3


Page 4


Page 4


Page 5


Page 5


Page 6

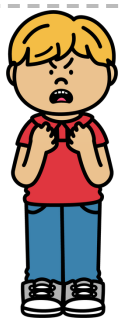

Page 6

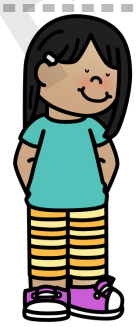
Second set, for another student

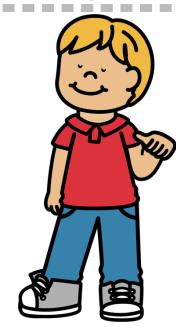

Page 3


Page 3


Page 4


Page 4


Page 5


Page 5


Page 6


Page 6

PREVIEW

Preview - Bright Path Sped

My name: _____

Trace the word. Glue the matching picture.

Excited

Scared

Tired

Nervous

Bored

Silly

PREVIEW

Feeling picture cards



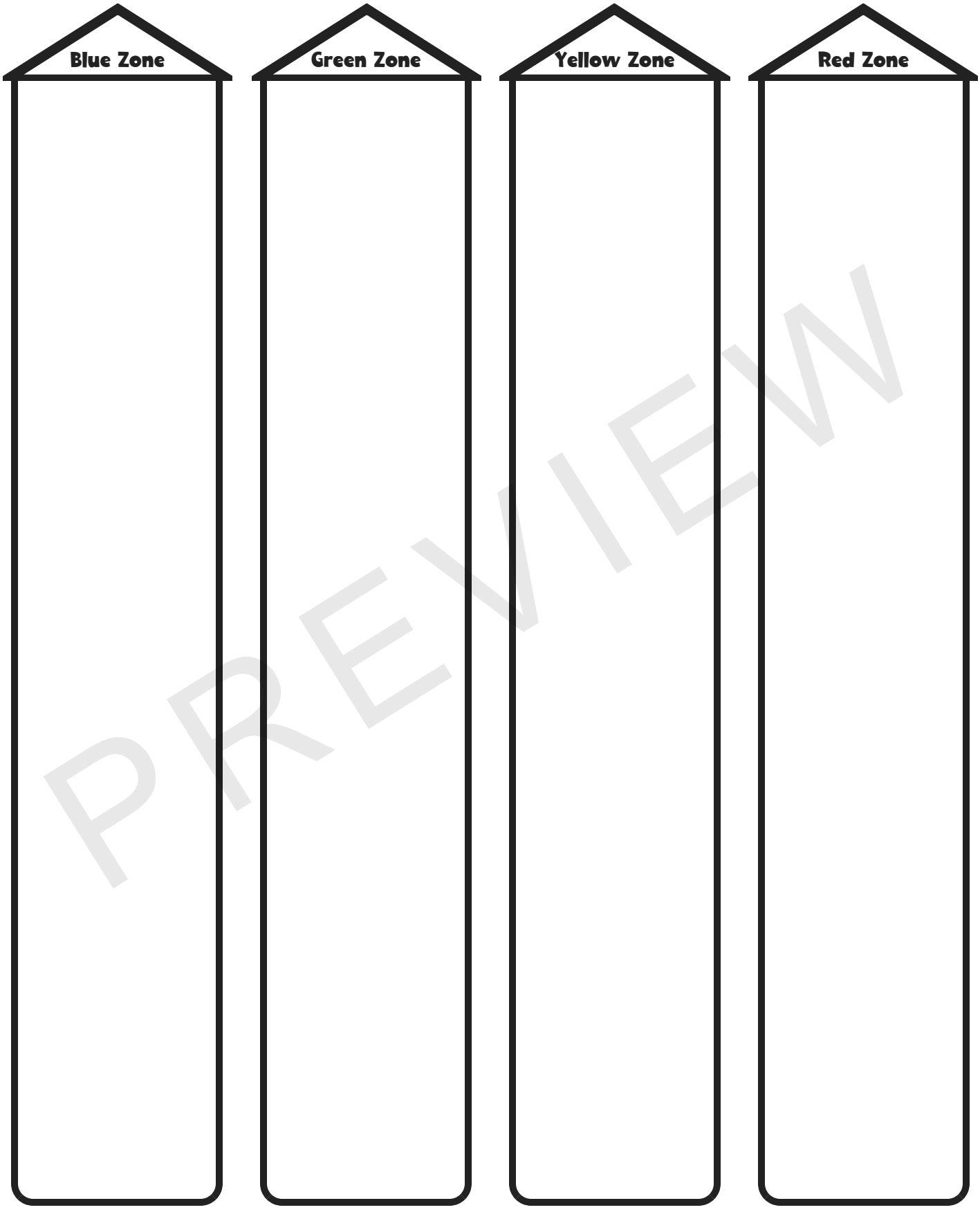





Preview - Bright Path Shed

My name: _____

Glue each picture in its zone house.

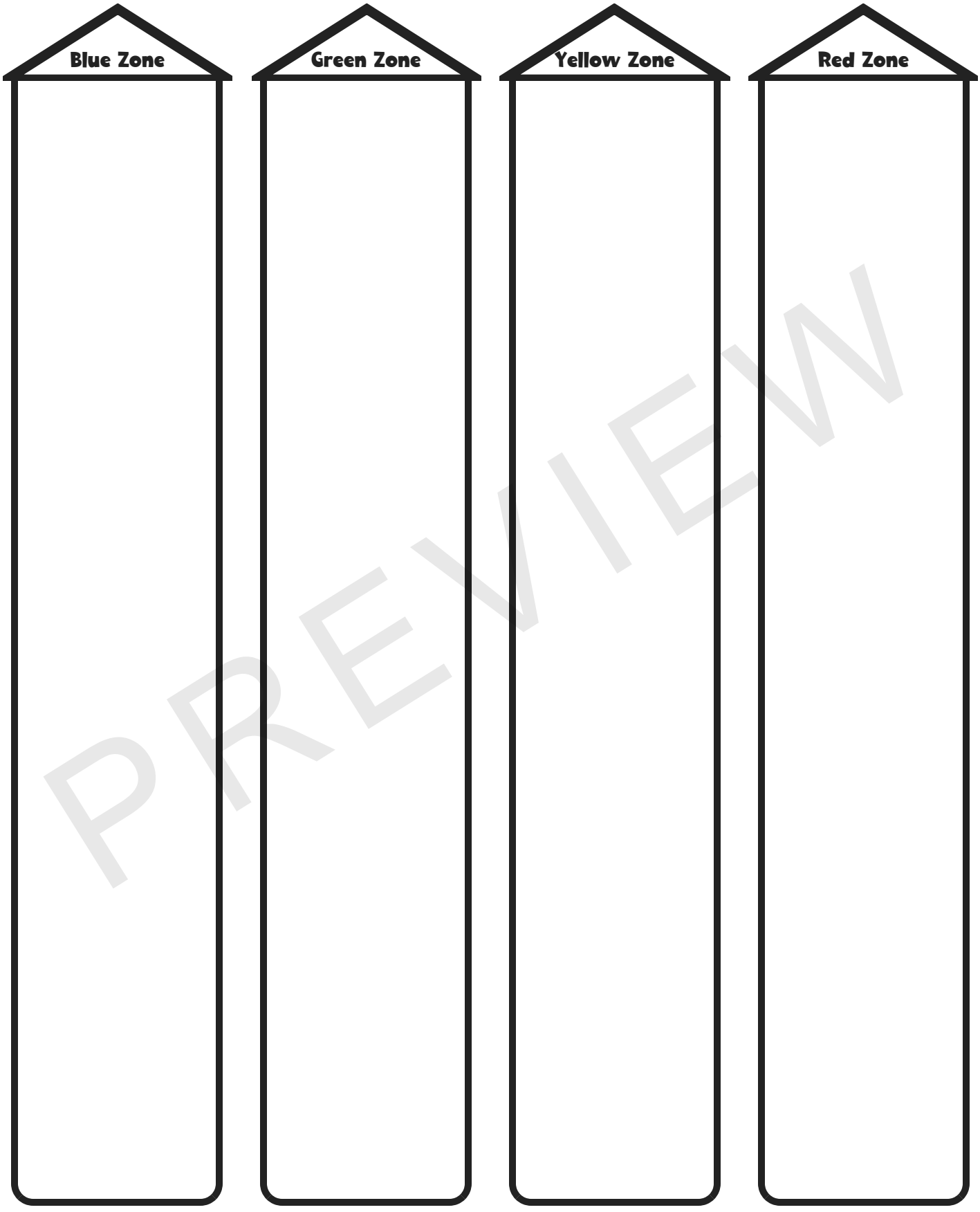


PREVIEW

Preview - Bright Path Shed

My name: _____

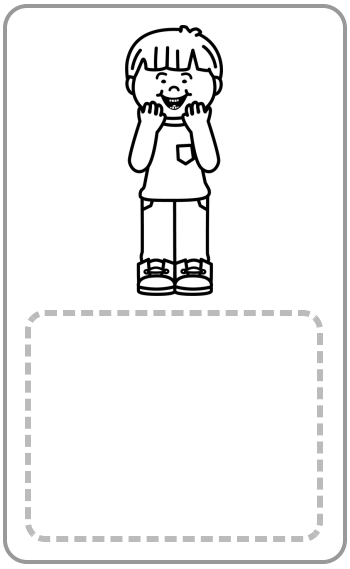
Glue each picture in its zone house.

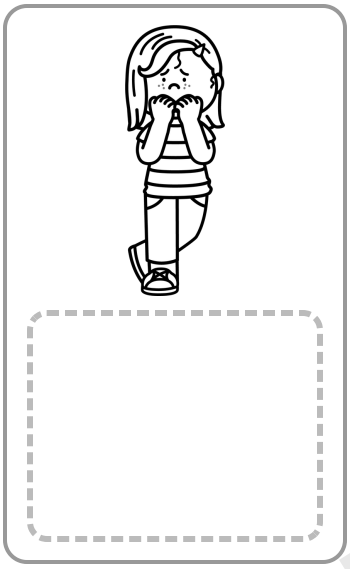


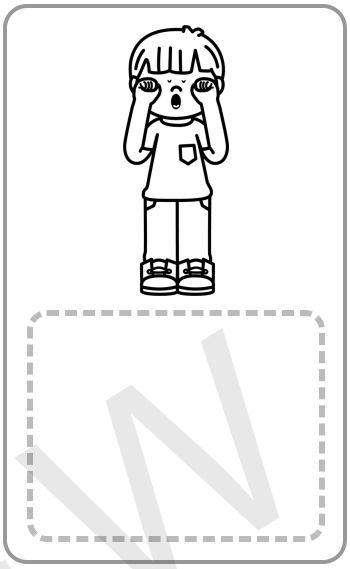
PREVIEW

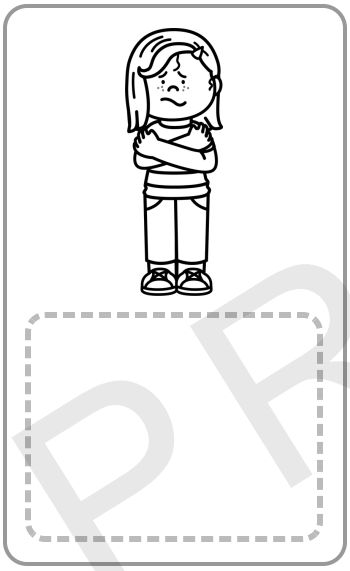
My name: _____

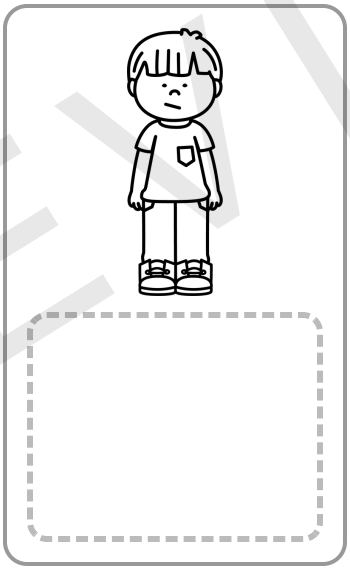
✂ Cut a word. Glue it under its picture.

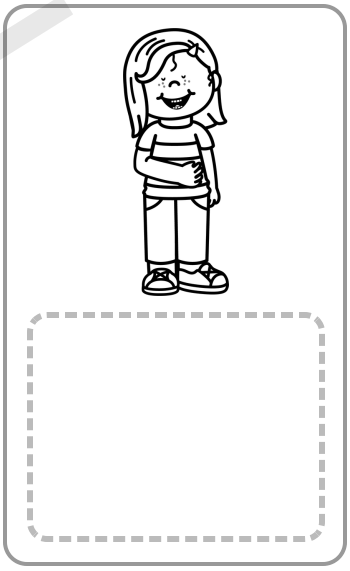












PREVIEW

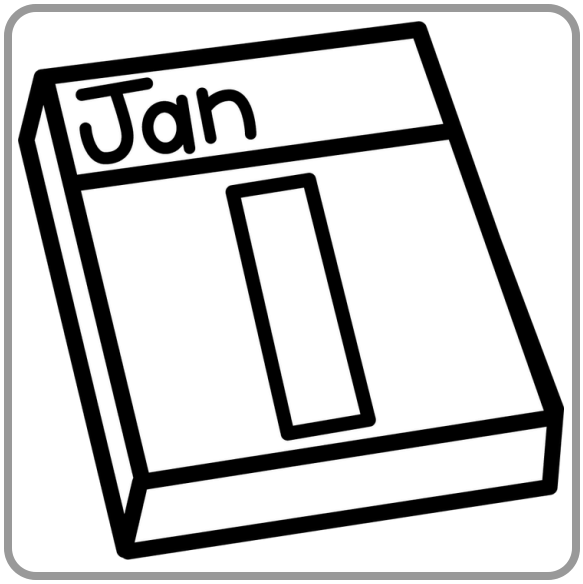
Feeling word cards

Tired	Silly	Scared
Bored	Nervous	Excited

Preview - Bright Path Shed

My name: _____

Look at the picture. Glue a feeling and a zone.

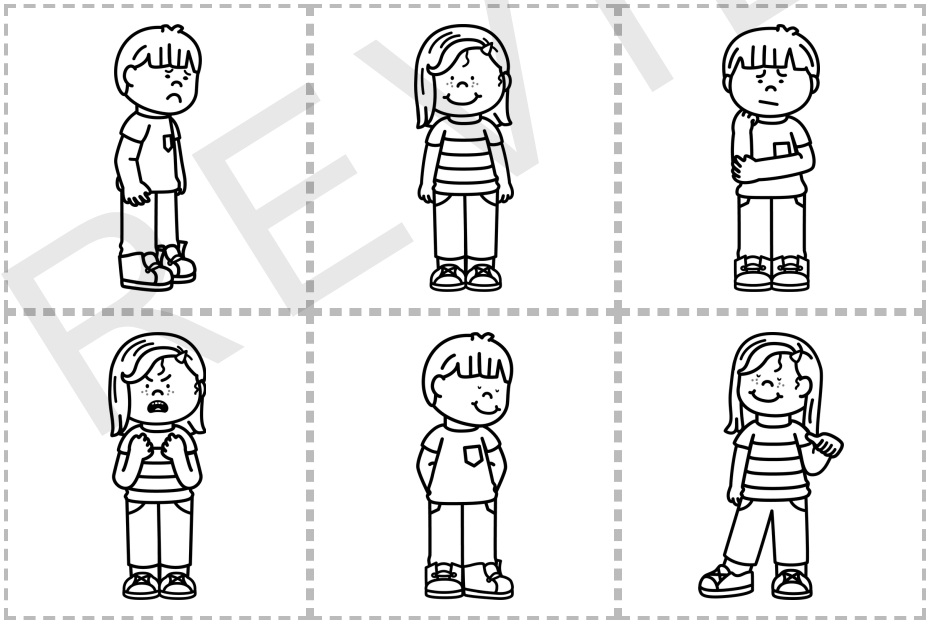


We write one new year goal on a calendar page.

feeling

zone

Feeling kids



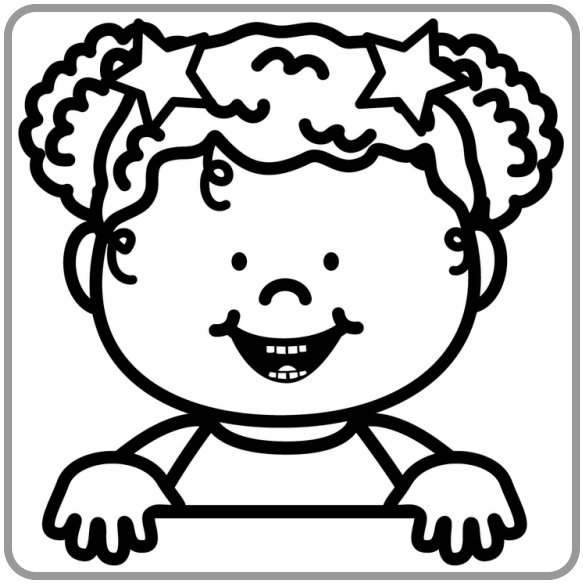
Zone squares

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

PREVIEW

My name: _____

Look at the picture. Glue a feeling and a zone.

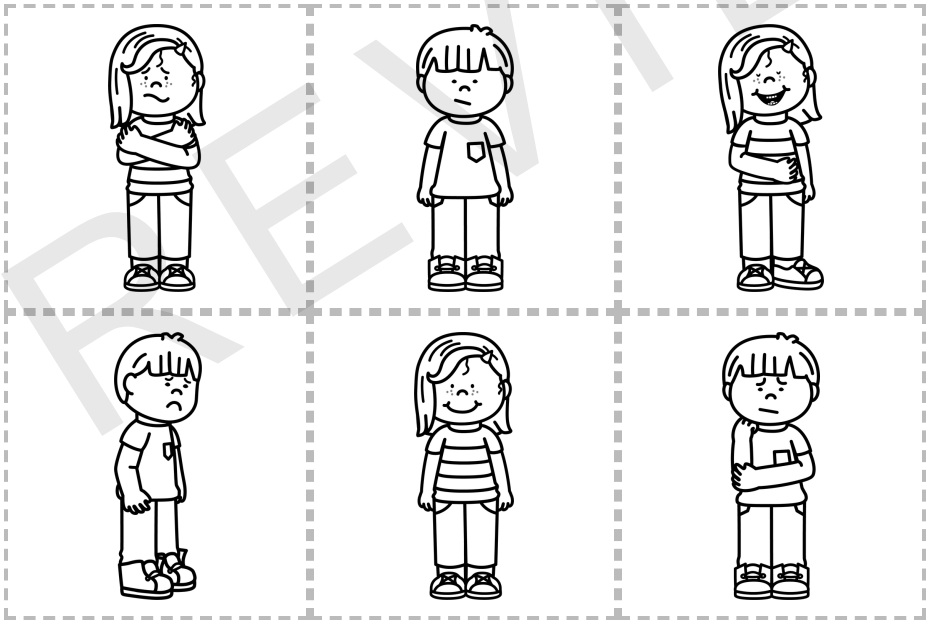


We wear a star topper and tell the class our goal.

feeling

zone

Feeling kids



Zone squares

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

PREVIEW

Preview - Bright Path Sped

My name: _____

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

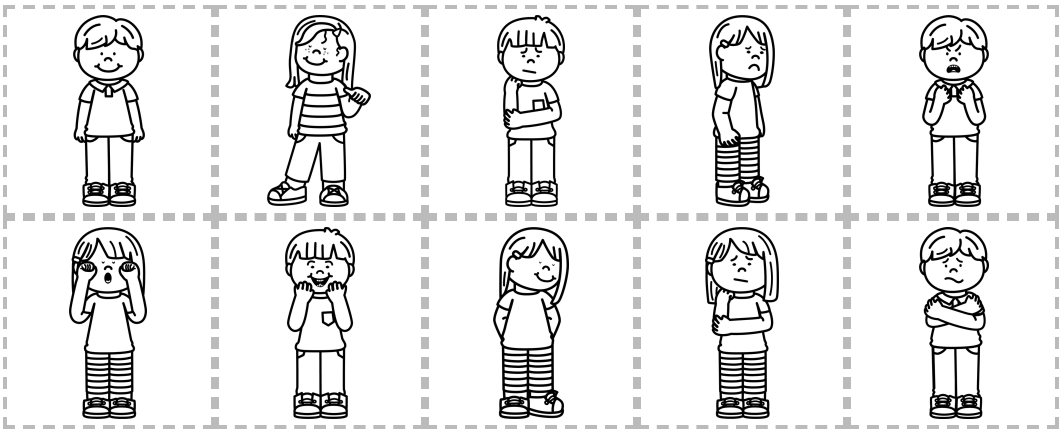
BLUE ZONE				
GREEN ZONE				
YELLOW ZONE				
RED ZONE				

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 row above



PREVIEW

Answer Key

Zone sort and What zone am I in? glue the word and the color square: the pairings

Blue Zone	 Sad  Shy	All feelings: Sad, Shy, Tired, Bored
Green Zone	 Happy  Proud	All feelings: Happy, Proud
Yellow Zone	 Worried  Excited	All feelings: Worried, Excited, Nervous, Silly
Red Zone	 Angry  Scared	All feelings: Angry, Scared

Feelings graph counts

Graph A: most in Yellow Zone

BLUE	GREEN	YELLOW	RED
3	2	4	1

Graph B: most in Blue Zone

BLUE	GREEN	YELLOW	RED
4	2	2	2

Same or different

Page 1: 1. Sad – Different 2. Happy – Same 3. Worried – Same 4. Angry – Different

Page 2: 1. Shy – Different 2. Proud – Different 3. Excited – Same 4. Scared – Same

Feeling word match

Each word goes with its picture. Pictures, left to right, top to bottom:

Page 1: Sad, Happy, Worried, Angry, Shy, Proud

Page 2: Excited, Scared, Tired, Nervous, Bored, Silly

Trace and glue

Glue the picture of the kid showing the traced feeling word. Words, left to right, top to bottom:

Page 1: Sad (boy), Happy (girl), Worried (boy), Angry (girl), Shy (boy), Proud (girl)

Page 2: Excited (boy), Scared (girl), Tired (boy), Nervous (girl), Bored (boy), Silly (girl)

How would you feel?

Answers vary. Any feeling and zone a child can explain is right; ask why.

Children may place a feeling in a different zone. Ask them to tell you why.

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PREVIEW