COLOR ZONES WINTER BREAK

Feelings Cut and Paste · K-2 · Set 6

2 LEVELS

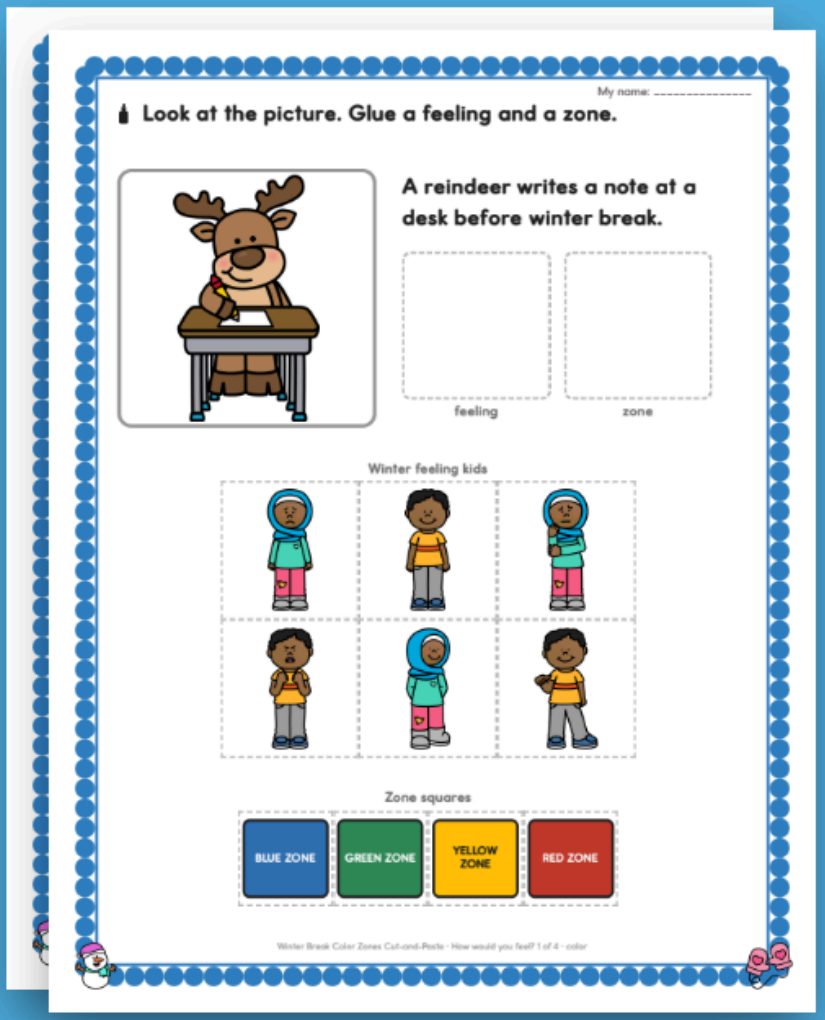


BLUE

GREEN

YELLOW

RED



Bright Path Sped

Preview - Bright Path Sped

Start Here

Zones of Regulation Activities Winter Break Cut and Paste K-2 Set 6

What's inside

Activity	Pages	Levels
Meet the color zones (reference)	3	–
How would you feel? glue a feeling and a zone for each scene	4–7	–
Zone or not: two-bin sort for one target zone	8–11	● ■
Feelings bingo: 4 boards, cut and glue the matching picture	12–15	–
Feeling word match	16–19	● ■
Same or different: two kids per row, cut and glue the word	20–21	–
Trace and glue: trace the feeling word, glue the matching kid	22–23	–
My Color Zones Book: 4 cut-and-staple booklet sheets	24–27	–
My Color Zones 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 or not, 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.
- My Color Zones 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: _____

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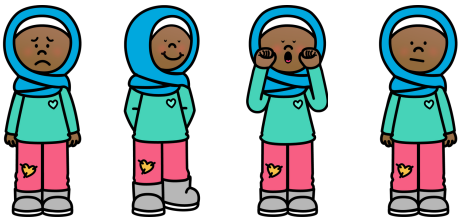
PREVIEW

Preview - Bright Path Sped

My name: _____

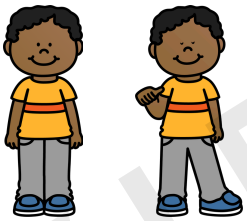
Look at each color zone. Every feeling is okay.

Blue Zone



Sad Shy Tired Bored

Green Zone



Happy Proud

Yellow Zone



Worried Excited Nervous Silly

Red Zone



Angry Scared

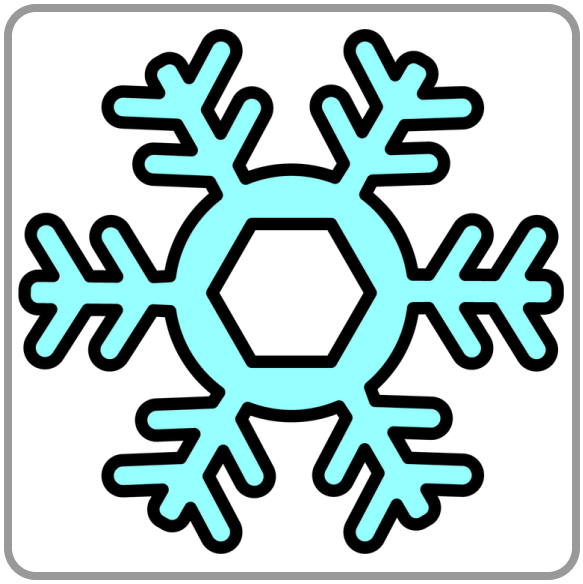
All zones are okay. Every feeling is okay.

PREVIEW

Preview - Bright Path Sped

My name: _____

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



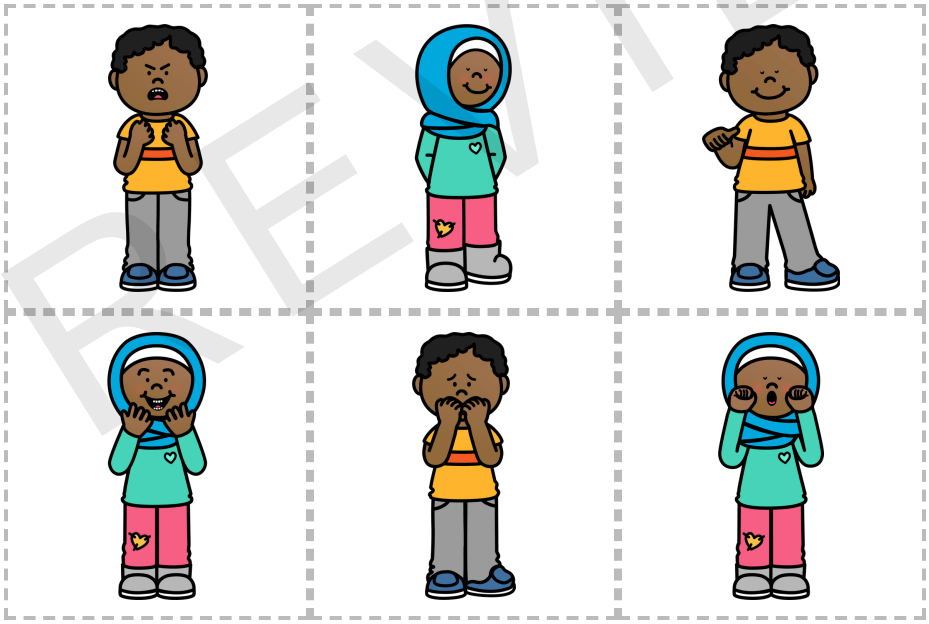
We hang a paper snowflake in the classroom window.

feeling

zone

PREVIEW

Winter feeling kids



Zone squares

BLUE ZONE

GREEN ZONE

YELLOW ZONE

RED ZONE

Preview : Bright Path Sped

My name: _____

Glue each picture in the right house.





PREVIEW

Preview - Bright Path Sped

My name: _____

Cut out each picture.


Silly


Silly


Happy


Worried


Angry


Worried


Sad


Sad

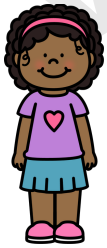

Angry


Happy

Second set, for another student


Silly


Silly


Happy


Worried


Angry


Worried


Sad


Sad


Angry


Happy

PREVIEW

Preview : Bright Path Sped

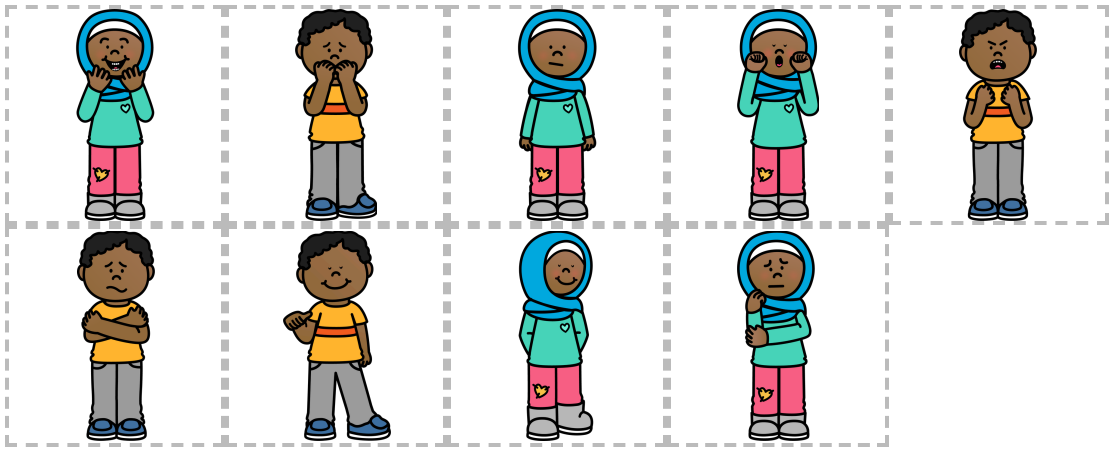
My name: _____

Listen for the word. Glue the matching picture.

Worried	Angry	Shy
Proud	Excited	Scared
Tired	Nervous	Bored

PREVIEW

Winter picture cards



My name: _____

✂ Cut a word. Glue it under its picture.













PREVIEW

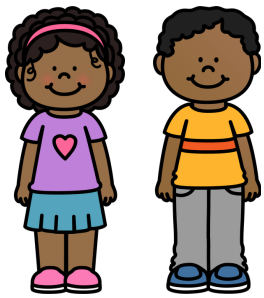
Winter word cards

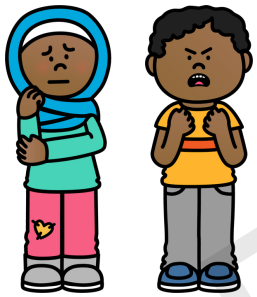
Silly	Excited	Nervous
Bored	Tired	Scared

My name: _____

Same feeling or different? Cut and glue the word.









PREVIEW

Winter word cards

Same	Same	Same	Different	Different	Different

Preview - Bright Path Sped

My name: _____

Trace the word. Glue the matching picture.

Sad

Happy

Worried

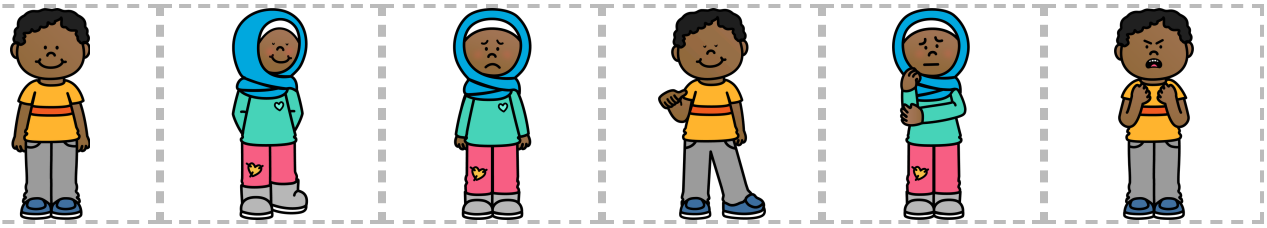
Angry

Shy

Proud

PREVIEW

Winter picture cards



Blue Zone

In the blue zone I can feel

I feel this way when

PREVIEW

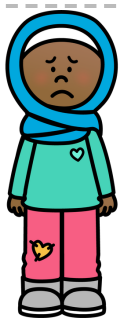
Green Zone

In the green zone I can feel

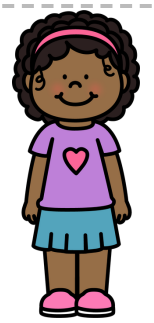
I feel this way when

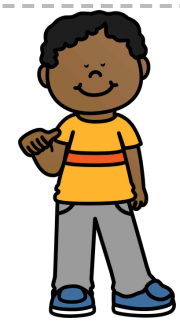
My name: _____

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

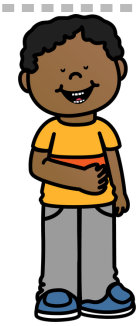

Blue Zone


Blue Zone


Green Zone


Green Zone

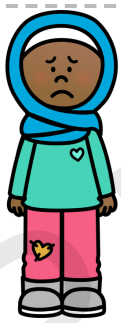

Yellow Zone


Yellow Zone

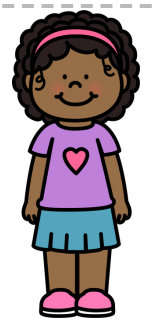

Red Zone

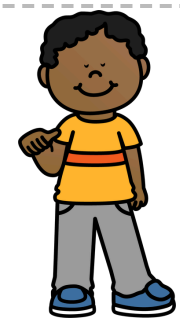

Red Zone

Second set, for another student

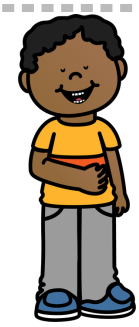

Blue Zone


Blue Zone

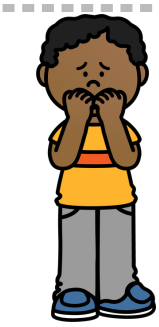

Green Zone


Green Zone


Yellow Zone


Yellow Zone


Red Zone


Red Zone

PREVIEW

Preview - Bright Path Sped

My name: _____

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



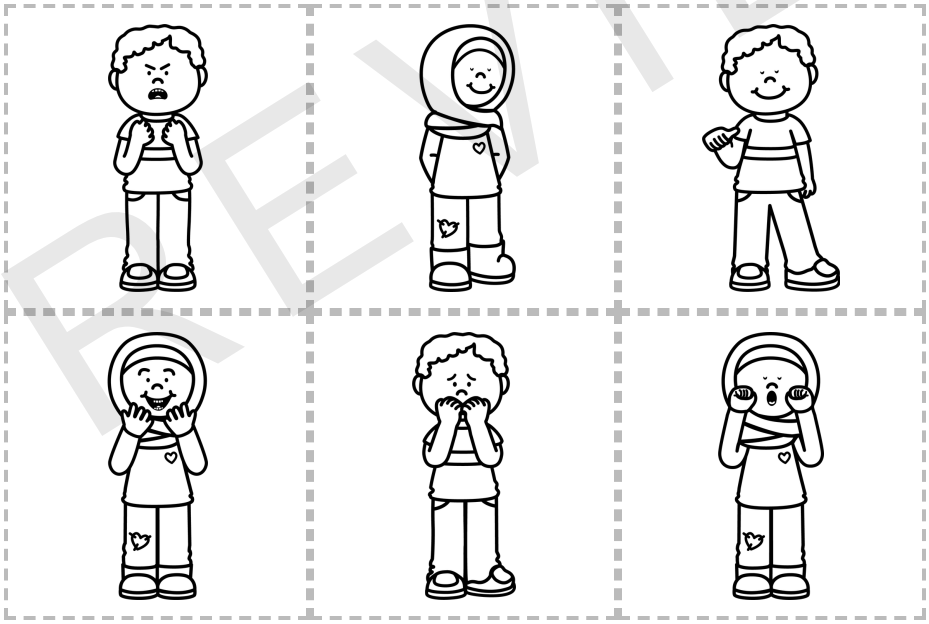
We hang a paper snowflake in the classroom window.

feeling

zone

PREVIEW

Winter feeling kids



Zone squares

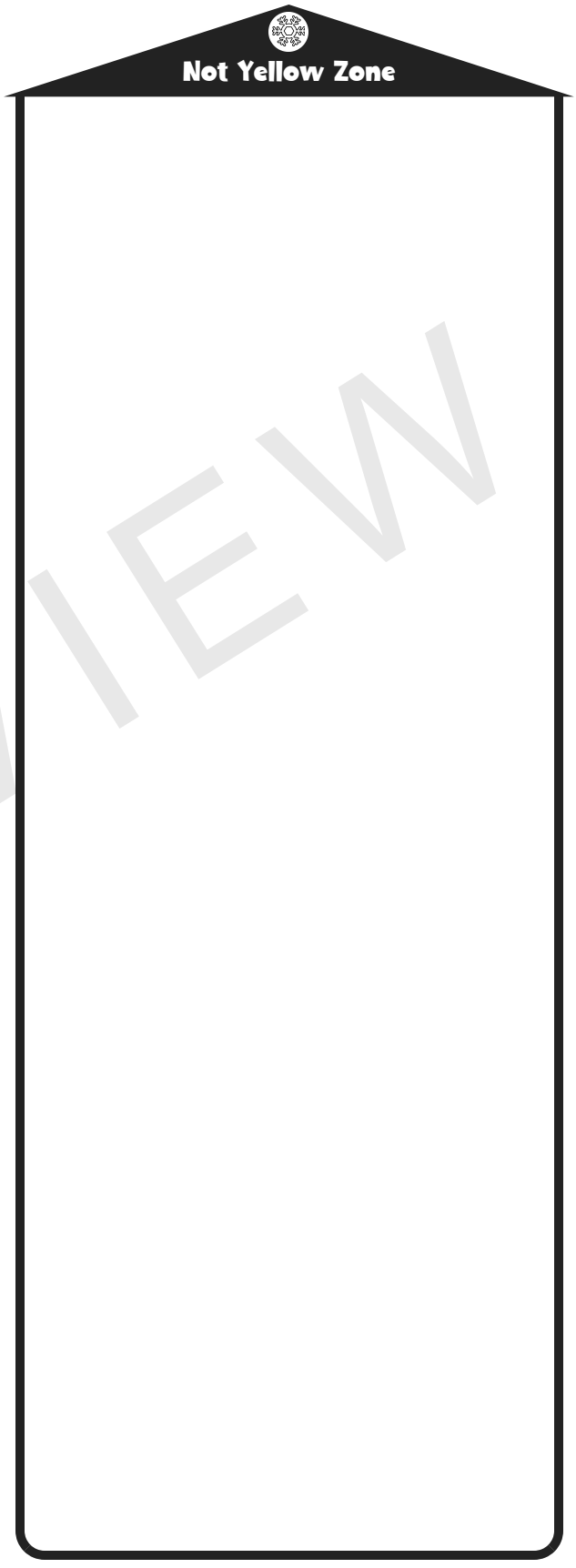
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

Preview : Bright Path Sped

My name: _____

Glue each picture in the right house.





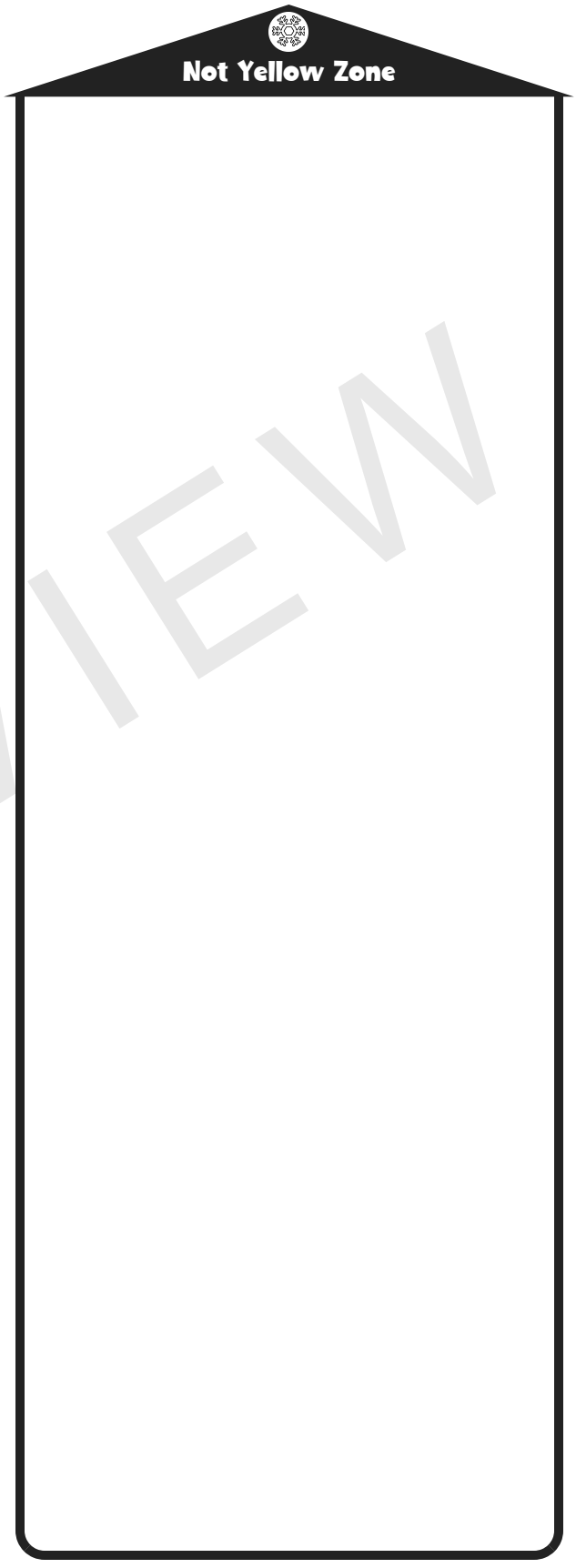
PREVIEW

Preview : Bright Path Sped

My name: _____

Glue each picture in the right house.





PREVIEW

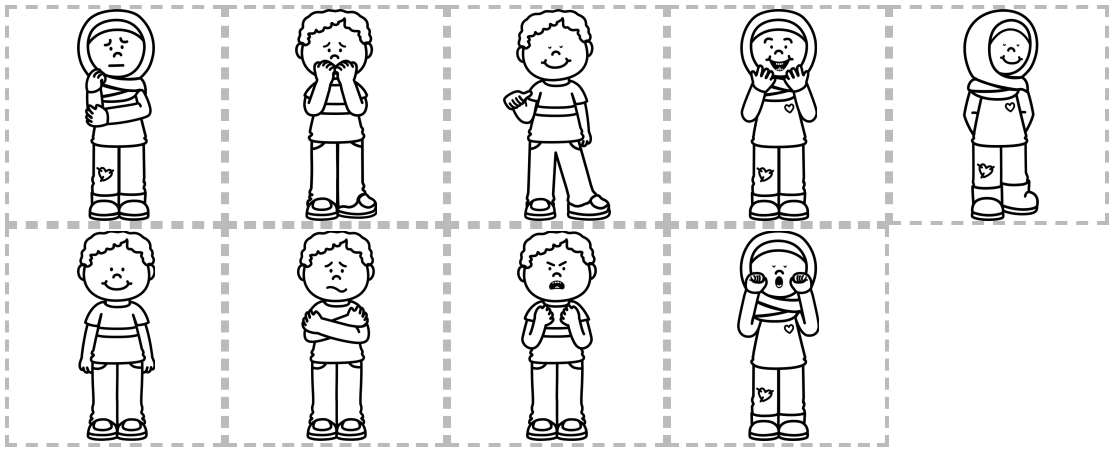
My name: _____

Listen for the word. Glue the matching picture.

Happy	Worried	Angry
Shy	Proud	Excited
Scared	Tired	Nervous

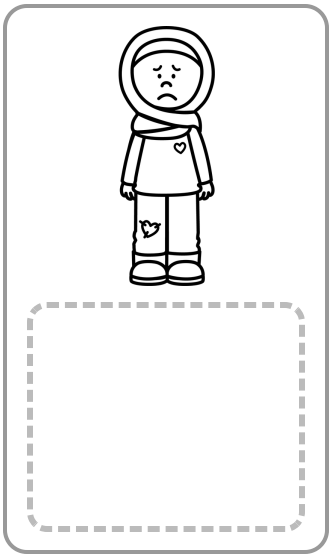
PREVIEW

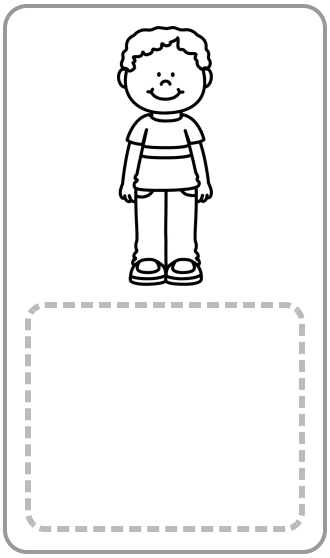
Winter picture cards

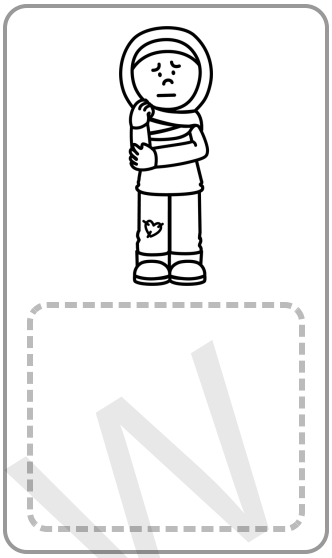


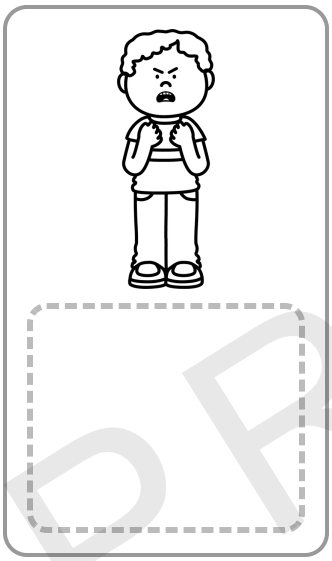
My name: _____

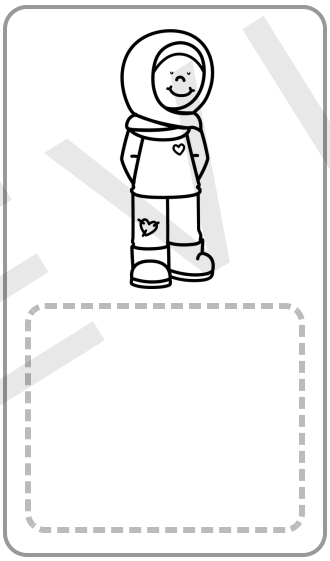
✂ Cut a word. Glue it under its picture.

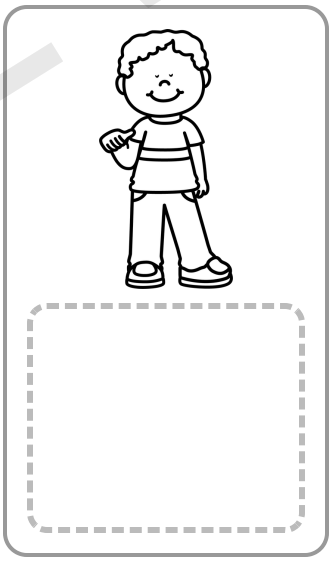












PREVIEW

Winter word cards

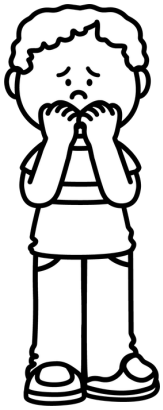
Worried	Shy	Proud
Happy	Angry	Sad

My name: _____

Write the word under its picture.



_____



_____



_____



_____



_____



_____

Winter word bank: Excited · Scared · Tired · Nervous · Bored · Silly

PREVIEW

Preview - Bright Path Sped

My name: _____

Trace the word. Glue the matching picture.

Sad

Happy

Worried

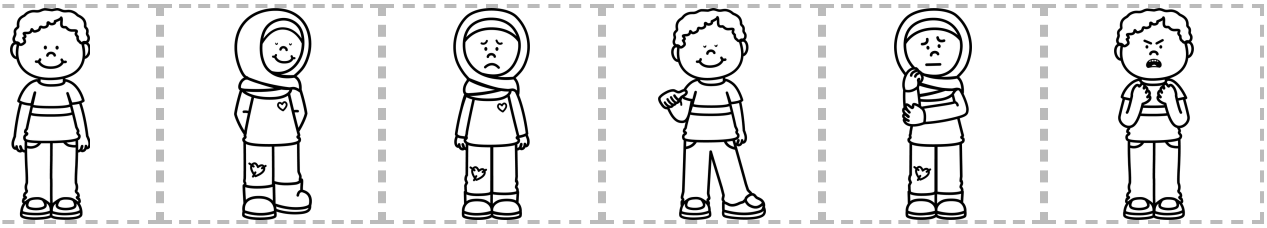
Angry

Shy

Proud

PREVIEW

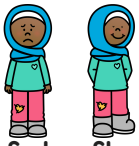
Winter picture cards



Answer Key

Zone or not: the pairings

Blue Zone



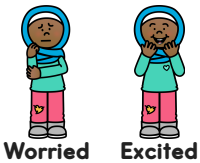
All feelings: Sad, Shy, Tired, Bored

Green Zone



All feelings: Happy, Proud

Yellow Zone



All feelings: Worried, Excited, Nervous, Silly

Red Zone



All feelings: Angry, Scared

Same or different

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

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

Feelings bingo

Each picture card goes in the box with its feeling word. Boxes, left to right, top to bottom:

Board 1: Sad, Happy, Worried, Angry, Shy, Proud, Excited, Scared, Tired

Board 2: Happy, Worried, Angry, Shy, Proud, Excited, Scared, Tired, Nervous

Board 3: Worried, Angry, Shy, Proud, Excited, Scared, Tired, Nervous, Bored

Board 4: Angry, Shy, Proud, Excited, Scared, Tired, Nervous, Bored, Silly

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

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

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PREVIEW