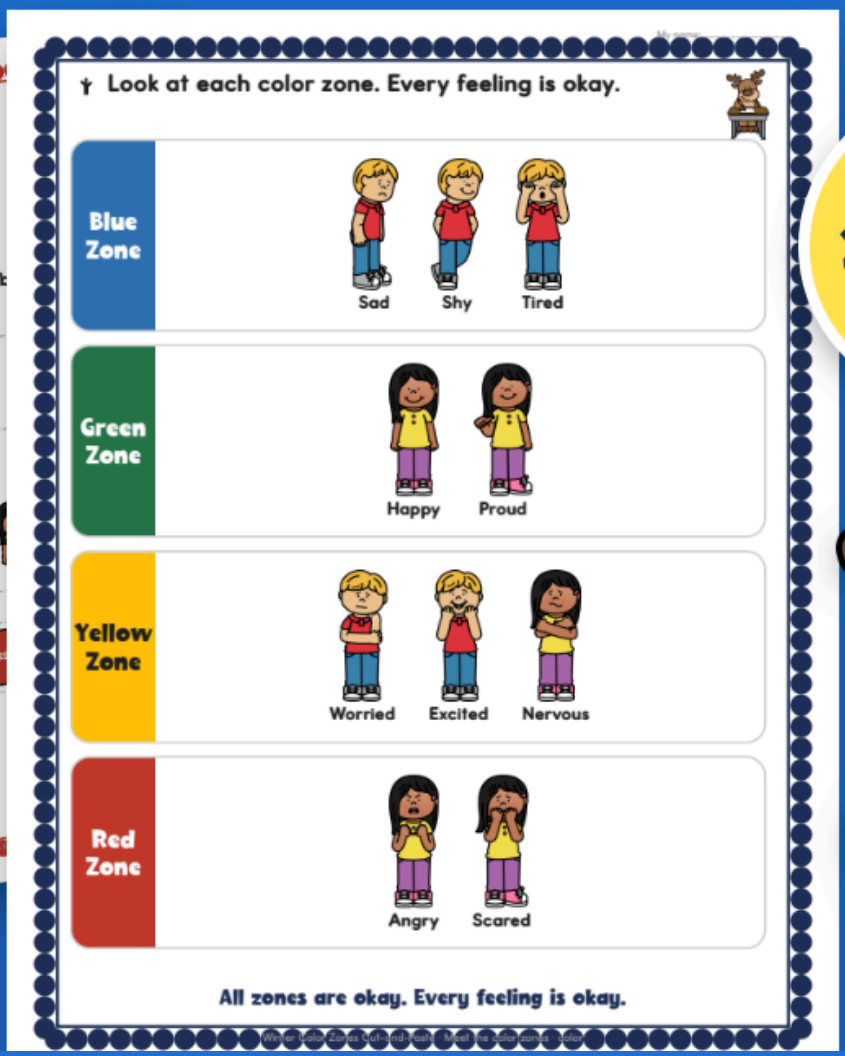
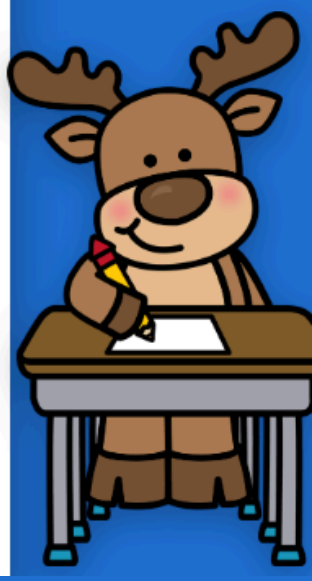
COLOR ZONES
WINTER

Feelings Cut and Paste · K-2 · Set 5





2 LEVELS



Bright Path Sped

Preview - Bright Path Sped

Start Here

Zones of Regulation Activities Winter Cut and Paste K-2 Set 5

What's inside

Activity	Pages	Levels
Meet the color zones (reference)	3	–
Feelings bingo: 4 boards, cut and glue the matching picture	4–7	–
How would you feel? glue a feeling and a zone for each scene	8–11	–
Same feeling match: glue the boy next to the matching girl	12–15	● ■
Feelings graph: cut, glue, then answer how many / which zone has the most	16–17	●
What zone am I in? glue the word and the color square	18–19	●
Zone or not: two-bin sort for one target zone	20–23	● ■
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 same feeling match, zone or not, marked with a small shape: ● **starting** – an errorless hint (a color dot, or a matched anchor picture); ■ **building** – the same task with no hint.
- Feelings graph, What zone am I in? glue the word and the color square 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

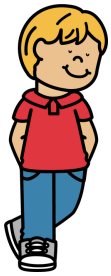
Preview - Bright Path Sped

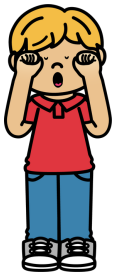
Look at each color zone. Every feeling is okay.



Blue Zone


Sad


Shy


Tired

Green Zone


Happy


Proud

Yellow Zone


Worried


Excited


Nervous

Red Zone


Angry


Scared

PREVIEW

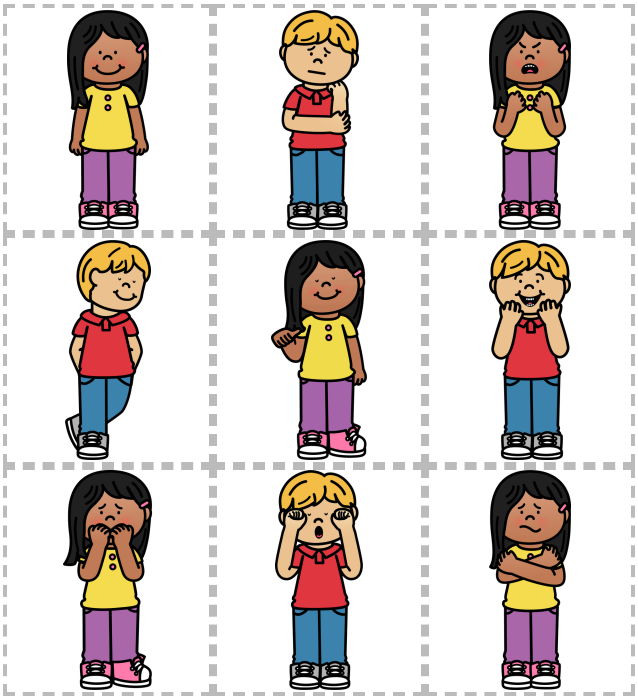
All zones are okay. Every feeling is okay.

Listen for the word. Glue the matching picture.

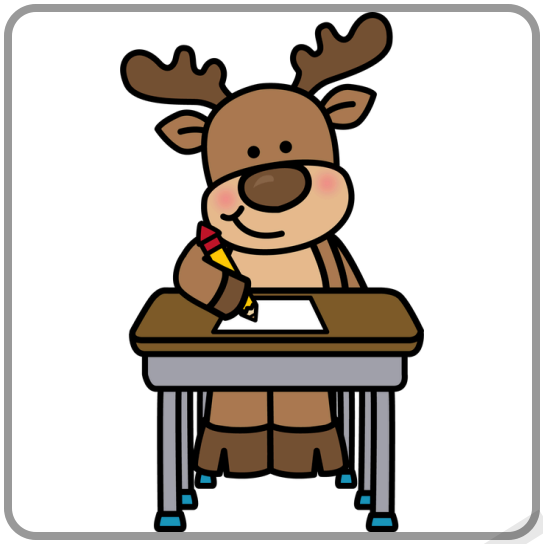
Happy	Worried	Angry
Shy	Proud	Excited
Scared	Tired	Nervous

PREVIEW

Picture cards

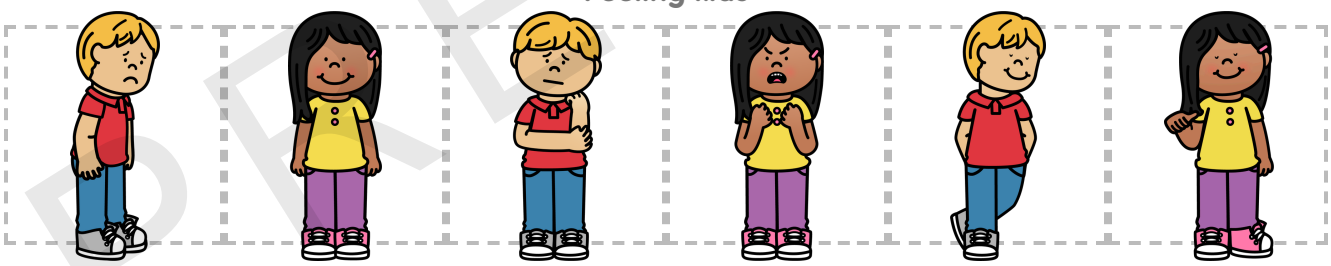


Look at the picture. Glue a feeling and a zone.

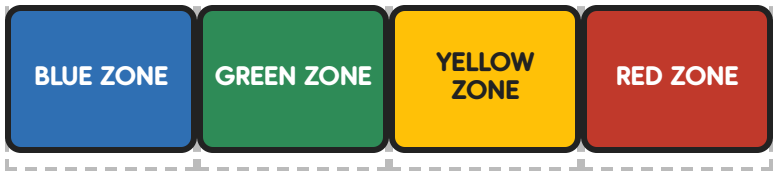


A reindeer visits our classroom desk in December.

Feeling kids



Zone squares



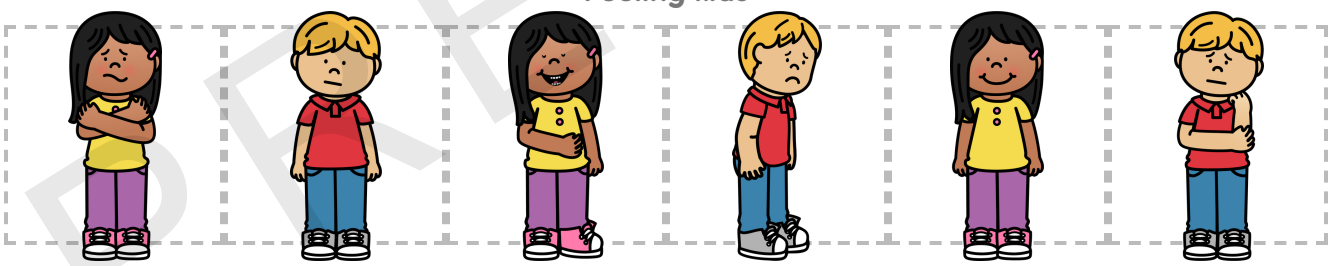
PREVIEW

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



We check our December calendar on the clipboard.

Feeling kids

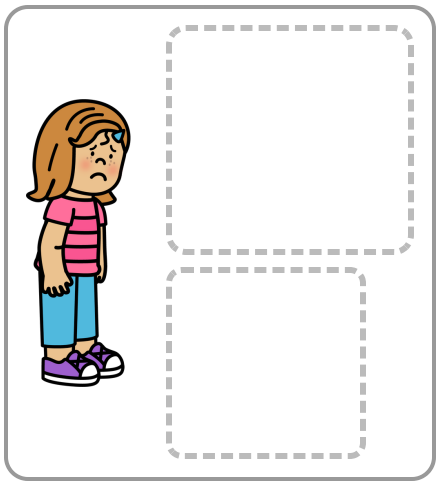
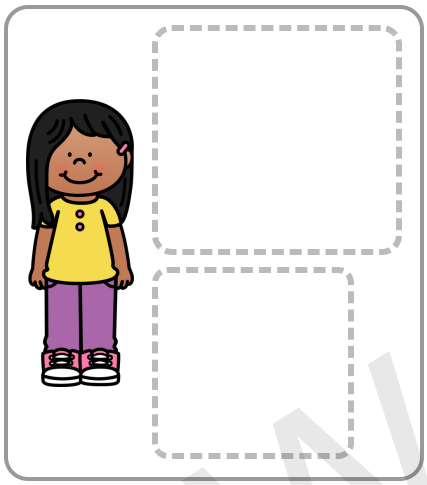
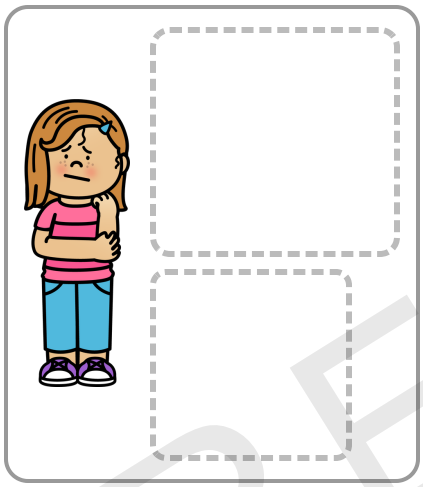
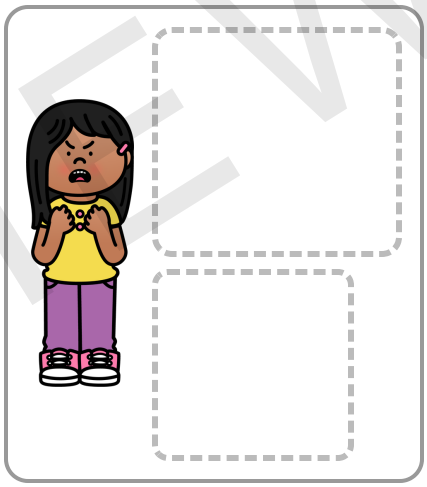
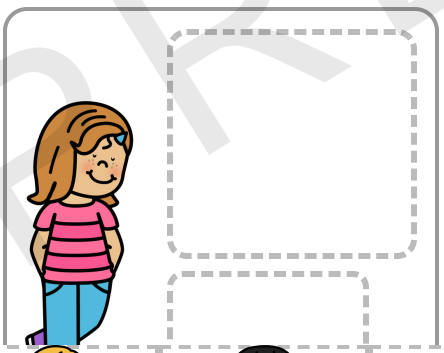
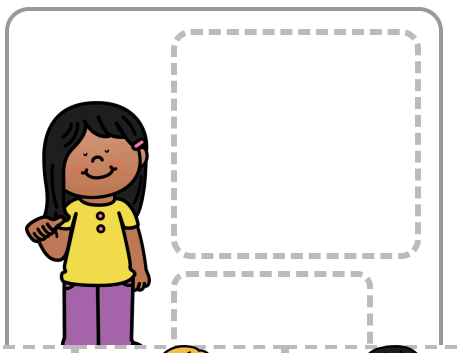


Zone squares

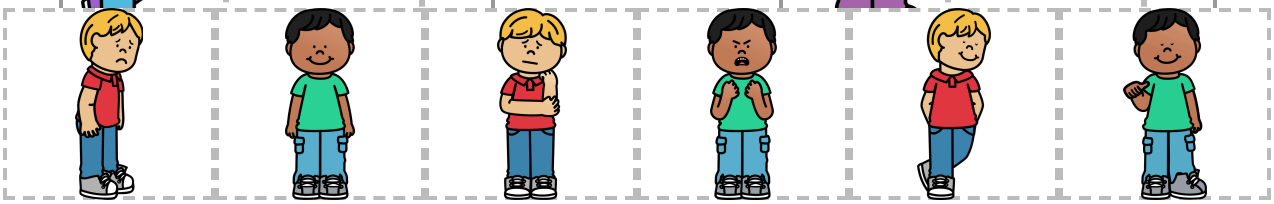
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

PREVIEW

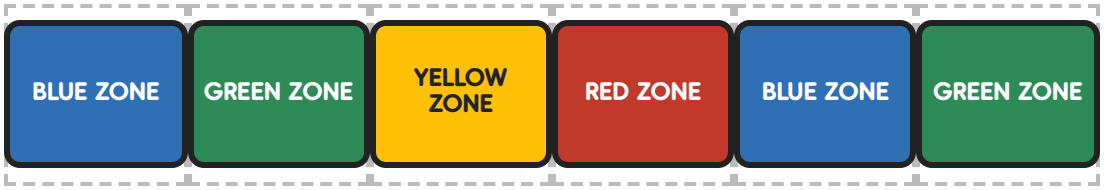
Glue the matching boy and the color zone square.

Boy pictures



Zone squares



PREVIEW

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

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

Blue zone: how many? ☐

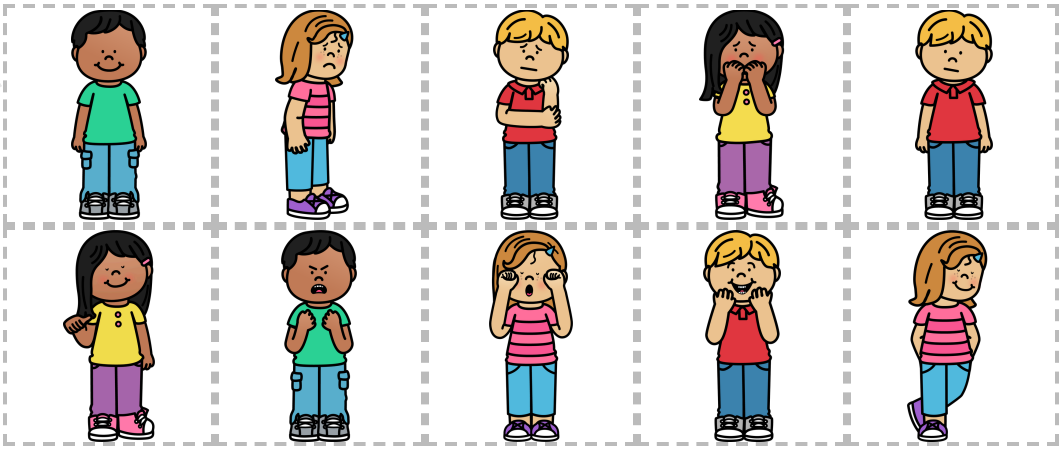
Green zone: how many? ☐

Yellow zone: how many? ☐

Red zone: how many? ☐

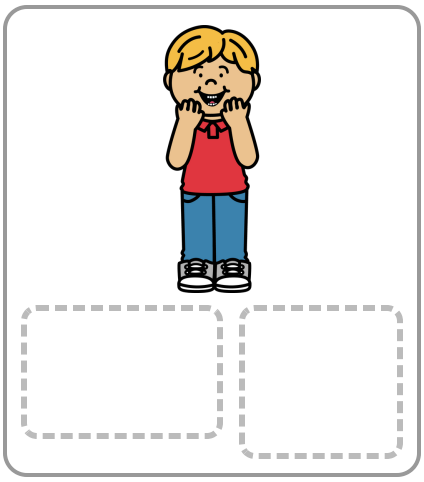
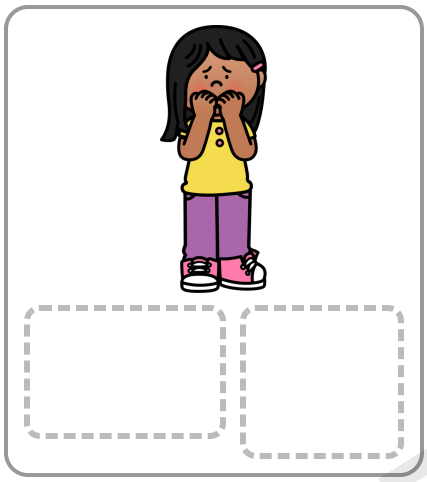
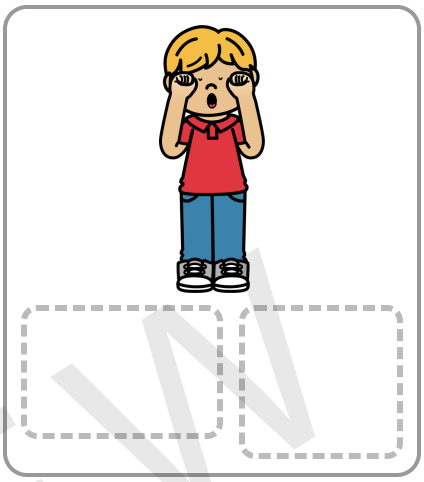
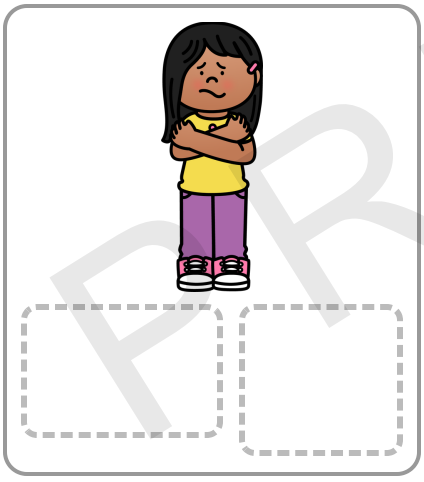
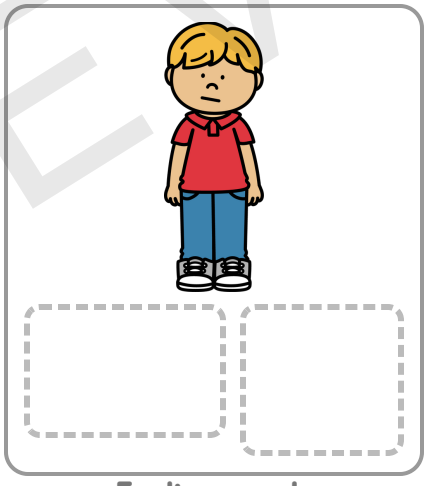
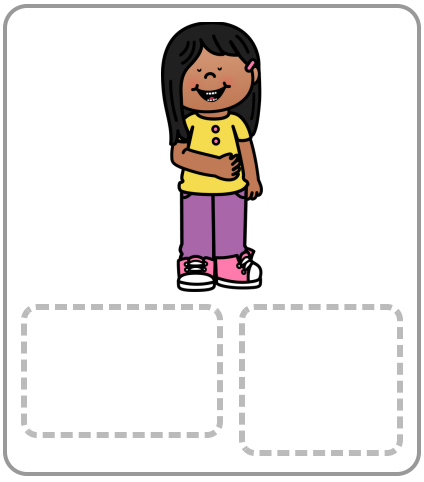
Which zone has the most? _____

Cut and glue a picture into each zone column above



PREVIEW

Glue the feeling word and the color zone square.

PREVIEW

Feeling words

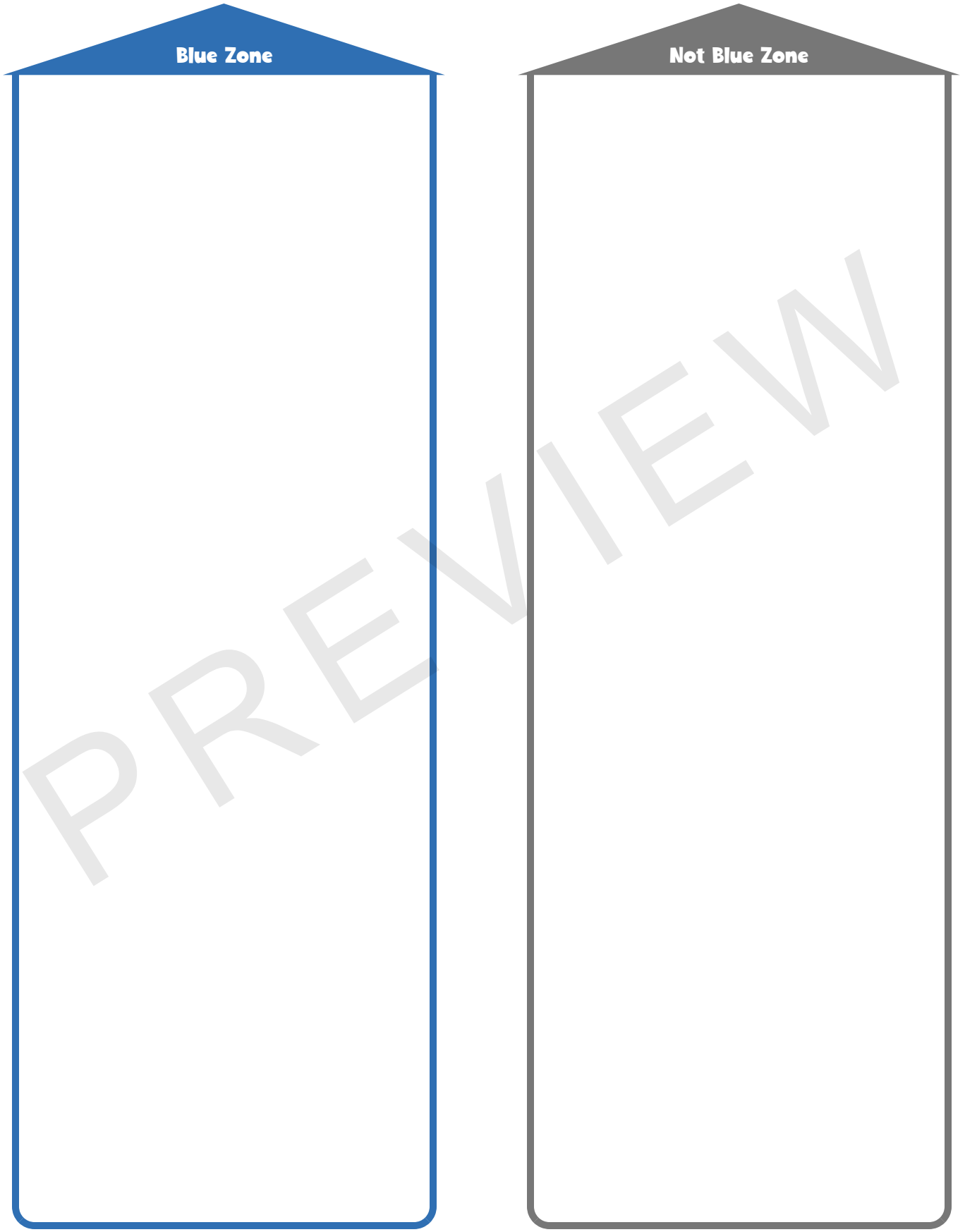
Excited	Scared	Tired	Nervous	Bored	Silly

Zone squares

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

Preview - Bright Path Sped

Glue each picture in the right house.



PREVIEW

A reindeer visits our classroom desk in December.



I would feel

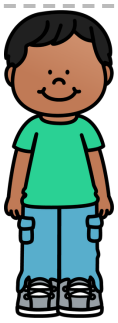
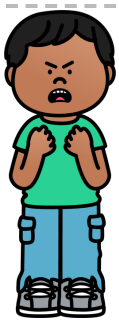
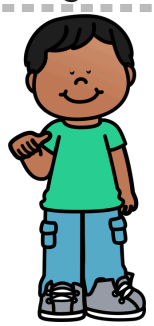
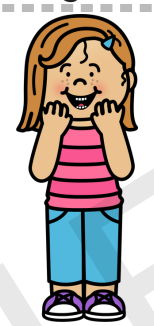
PREVIEW

We read a book about winter.



I would feel

✂ 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

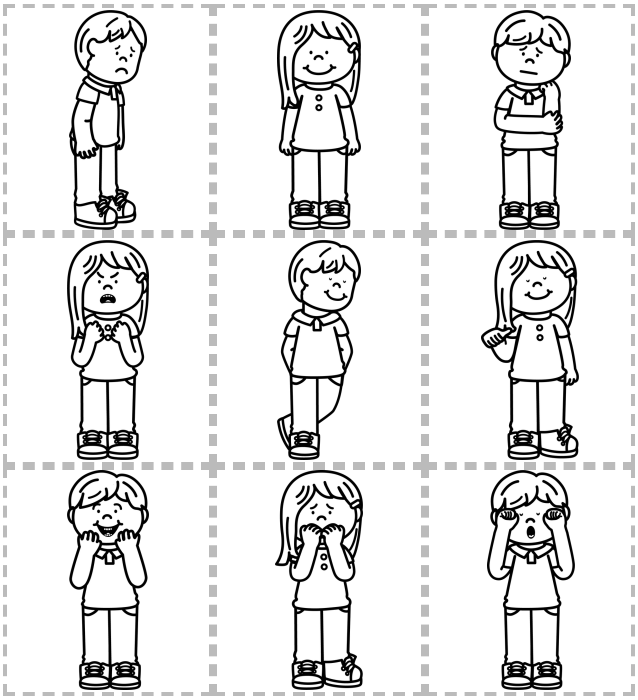
PREVIEW

Listen for the word. Glue the matching picture.

Sad	Happy	Worried
Angry	Shy	Proud
Excited	Scared	Tired

PREVIEW

Picture cards

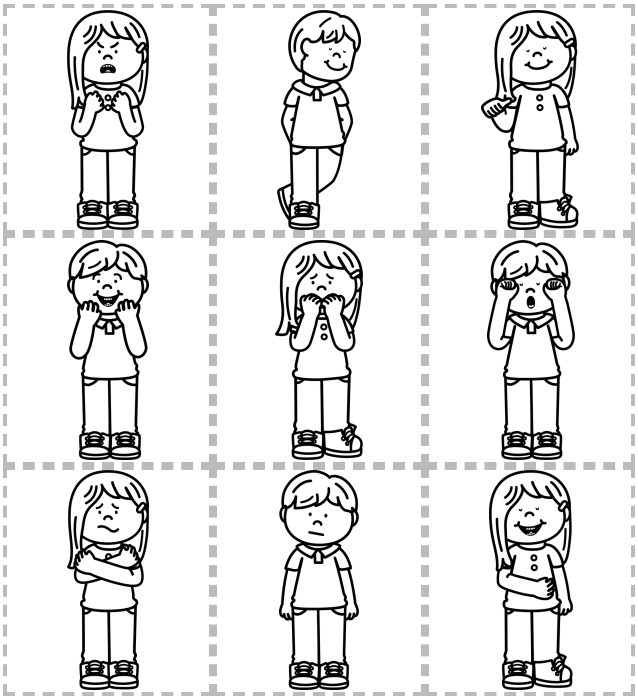


Listen for the word. Glue the matching picture.

Angry	Shy	Proud
Excited	Scared	Tired
Nervous	Bored	Silly

PREVIEW

Picture cards

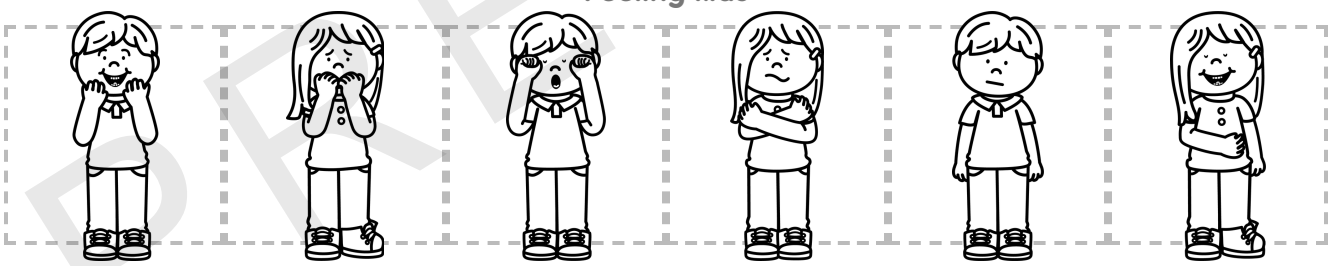


Look at the picture. Glue a feeling and a zone.



We color a snowy picture with a crayon.

Feeling kids

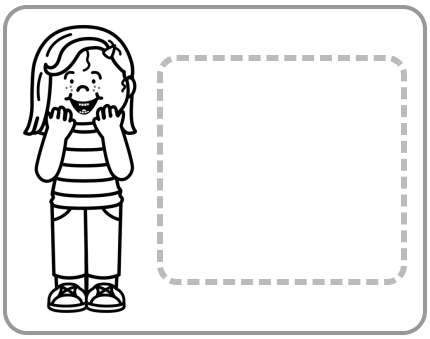


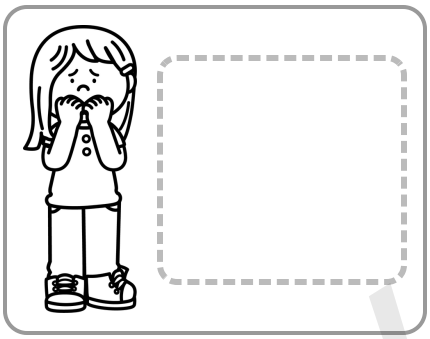
Zone squares

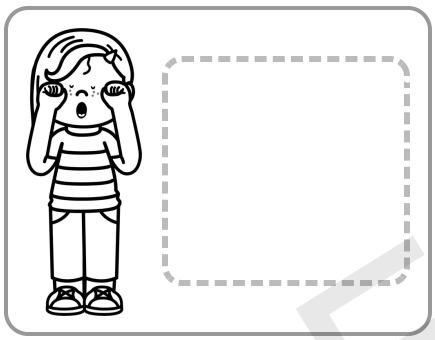
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

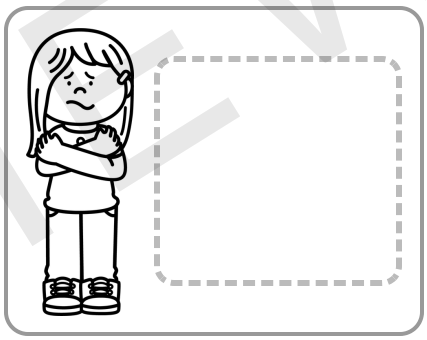
PREVIEW

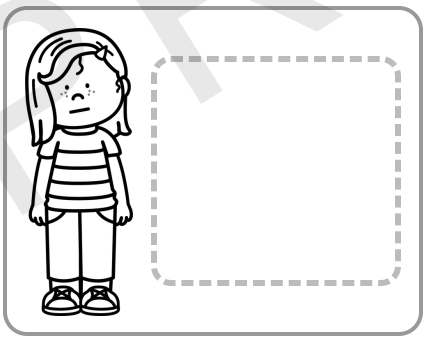
Glue the boy next to the girl with the same feeling.

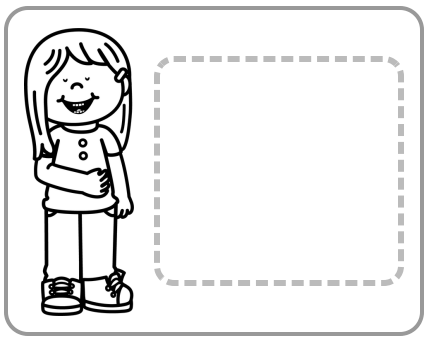




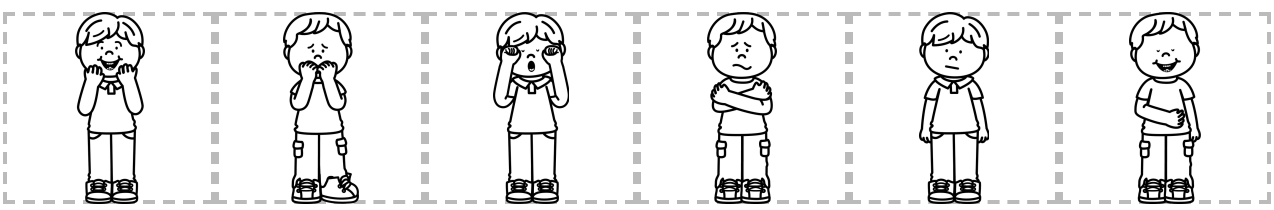






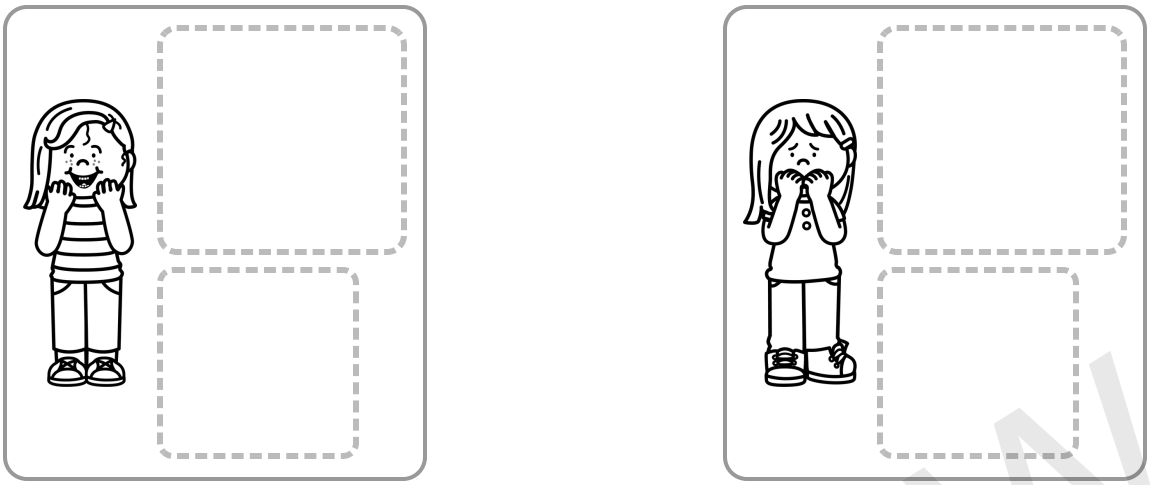


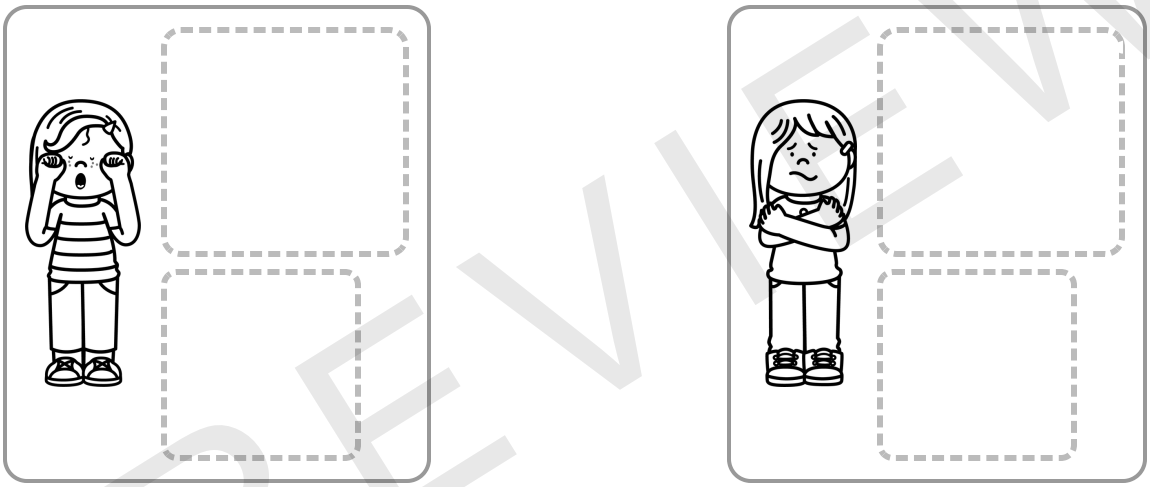
Boy pictures

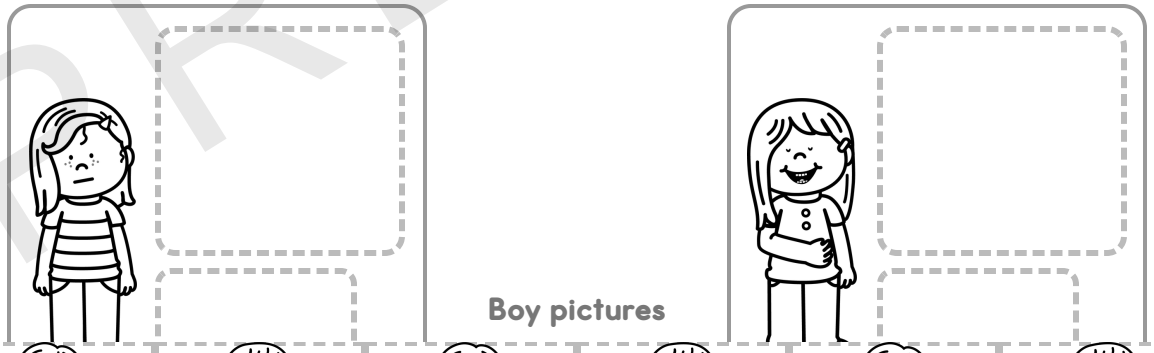


PREVIEW

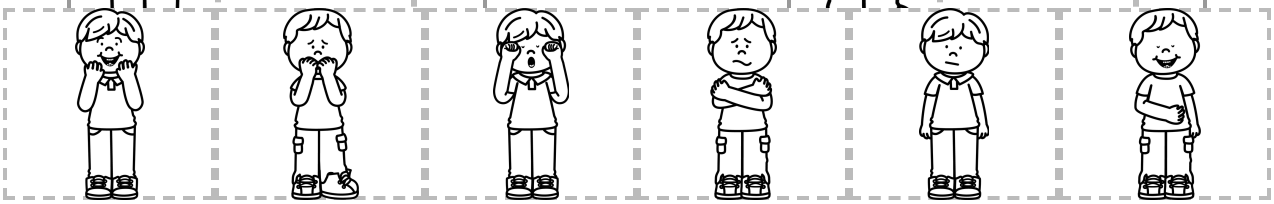
Glue the matching boy and the color zone square.







Boy pictures

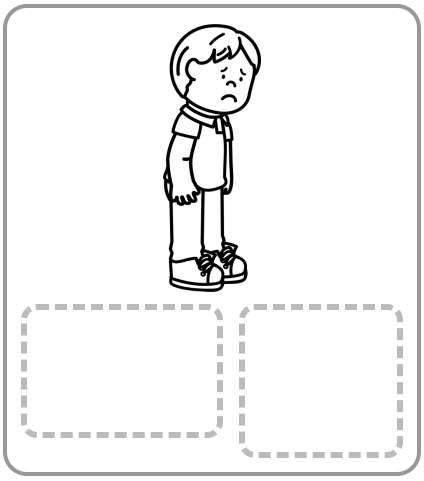


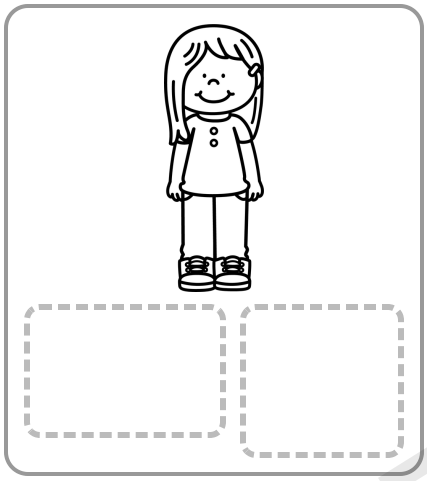
Zone squares

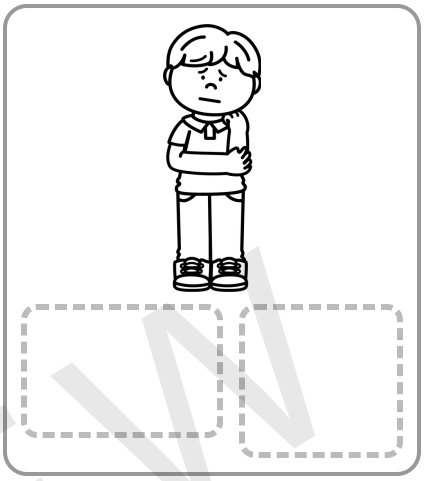
YELLOW ZONE	RED ZONE	BLUE ZONE	YELLOW ZONE	BLUE ZONE	YELLOW ZONE

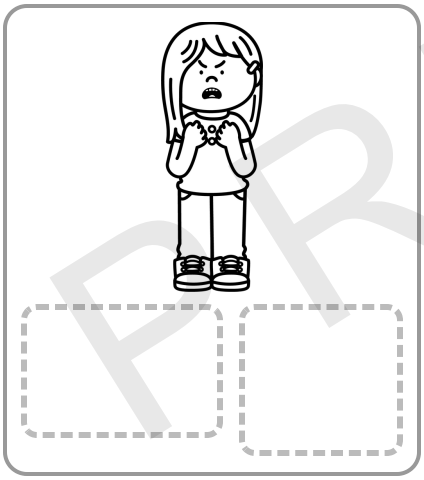
PREVIEW

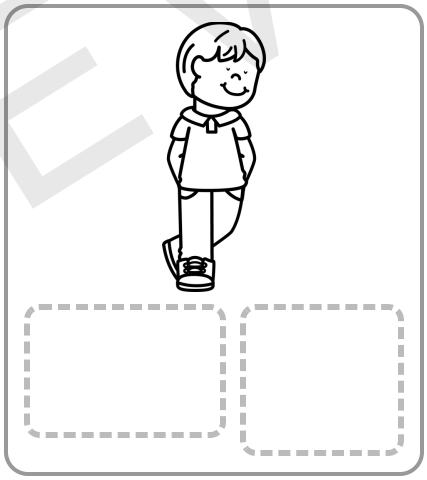
Glue the feeling word and the color zone square.

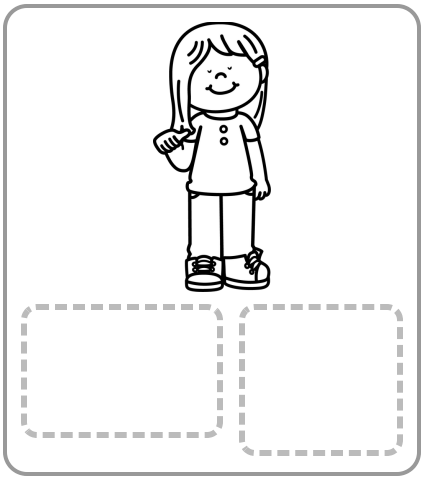












PREVIEW

Feeling words

Sad	Happy	Worried	Angry	Shy	Proud

Zone squares

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

Preview - Bright Path Sped

Cut out each picture.

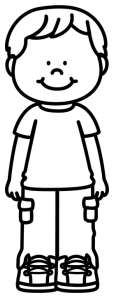

Sad


Sad


Tired


Tired


Happy


Happy


Worried


Worried

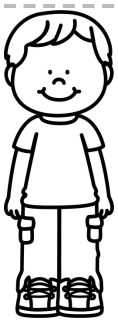
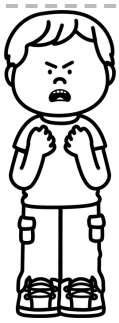
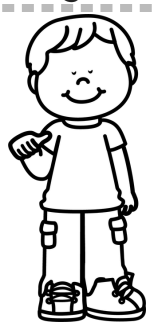

Angry


Angry

PREVIEW

Preview : Bright Path Sped

Cut a feeling. Glue it on its book page.

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PREVIEW