

EMOTIONAL REGULATION

Memory Game



ZONES Vocabulary

*If you are unfamiliar with the Zones of Regulation® it is important that people familiarize themselves with the

The **Red Zone** is used to describe extremely heightened rage, explosive behavior, devastation, or terror when

The **Yellow Zone** is also used to describe a heightened Yellow Zone. A person may be experiencing stress, fr

The **Green Zone** is used to describe a calm state of a Green Zone. This is the Zone students predominatel

The **Blue Zone** is used to describe low states of alert

Instructions for Easy Assembly

1. Print on thick cardstock to ensure cards are dur
2. Cut out
3. Laminate for durability

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Game Instructions

Shuffle the cards. Lay the cards face down in rows in front of you. Decide who will go first. The first player chooses a card and turns it over. The other players choose another card and turn it over. The player with the most cards wins.

EMOTIONAL REGULATION Memory Game

Created by Sandrine On a Cloudy Day



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Emotion-Themed Playing Cards

with Instructions for Play

ZONES Vocabulary

**If you are unfamiliar with the Zones of Regulation® published by Social Thinking Publishing, here is a quick synopsis from Leah Kuypers' website. It is important that people familiarize themselves with the Zones of Regulation curriculum before using these materials.*

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone. A person is described as "out of control" if in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the Zone students predominately need to be in the classroom.

The **Blue Zone** is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored."

Instructions for Easy Assembly

1. Print on thick cardstock to ensure cards are durable and you can't see through them
2. Cut out
3. Laminate for durability

Instructions for Play

Number of players: 2 or more. Can also be played alone.

Shuffle the cards. Lay out the cards face down in rows in front of you. Decide who will go first. The first player chooses a card and turns it over. That player selects another card and turns it over. If the two cards match each other, the player keeps the cards and goes again. If it is not a match, the cards are both flipped back down and it is the next player's turn. A player's turn is not over until he/she is unable to make a matching pair. The winner is the player with the most matching pairs!

Game Instructions:

Shuffle the cards. Lay the cards face down in rows in front of you. Decide who will go first. The first player chooses a card and turns it over. That player selects another card and turns it over. If the two cards match each other, the player keeps the cards and goes again. If it is not a match, both cards are flipped back down and it is the next player's turn. The winner is the player with the most matching pairs! Have fun!

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Memory Game

Created by:
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angry



angry



ready
to
learn



ready
to
learn



surprised



surprised





disappointed



disappointed



jealous



jealous



happy



happy



bored



bored





Name an emotion in the...

**BLUE
ZONE**

Name an emotion in the...

**BLUE
ZONE**

If you are in the...

**GREEN
ZONE**

how might you be feeling?

If you are in the...

**GREEN
ZONE**

how might you be feeling?

Name an emotion in the...

**YELLOW
ZONE**

Name an emotion in the...

**YELLOW
ZONE**

Name an emotion in the...

**RED
ZONE**

Name an emotion in the...

**RED
ZONE**



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*Materials in this package are adaptations of the four Zones and the concepts, graphics, and teaching information found in The Zones of Regulation® book by Leah M. Kuypers, © 2011 Social Thinking Publishing. The book can be purchased at the Social Thinking website here: <https://www.socialthinking.com/books-products/all-products/zones-of-regulation-the-detail>. It is important that people familiarize themselves with the Zones of Regulation curriculum before using these materials. This book is a wonderful resource! Leah Kuypers is a genius! My students are so much better at identifying their emotions and self-regulating themselves than they were at the beginning of the year.

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- *Sunshine on a Cloudy Day*