



## C2 - Introducing The Zones of Regulation



## Zones Headbands

10-15 minutes  
Small or Whole Group

Guess the feeling and Zone that is being acted out.

### MATERIALS:

- *Illustrated Emotions* - precut (one per whole group)
- Container to draw *Illustrated Emotions* from
- Headbands (1-2 per group)- make ahead of time using a strip of long construction paper secured with a staple, glue, or paperclip
- Tape or large paper clips

### LEADER GUIDANCE:

1. Divide learners into small groups or work together as a whole group.
2. Explain to learners how the activity works:
  - One learner puts on a headband and closes, or covers, their eyes. They are the *guesser*.
  - Another learner chooses an emotion from the container and silently tapes or paperclips it onto the headband, making sure the person wearing the headband does not see the emotion. The group silently acts out the emotion taped to the headband.
  - The *guesser* opens, or uncovers their eyes, and guesses what emotion and Zone the group members are acting out.
3. Have all learners take a turn being the *guesser*.

### LEARNER REFLECTION:

- Which emotions and/or Zone was the most difficult to act out? To guess?
- Did everyone act out their emotions in the same way? Why or why not?