
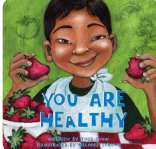
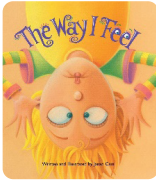
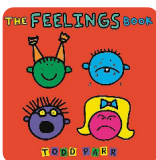
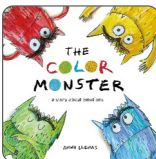
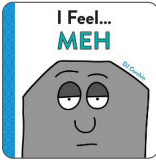

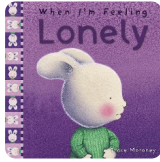
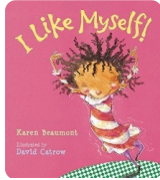
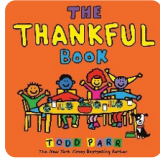
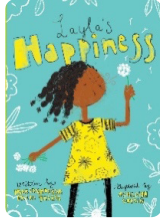
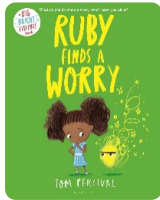
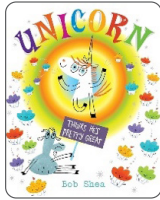
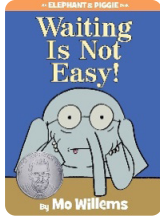

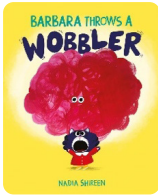
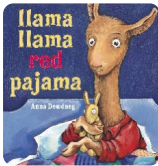
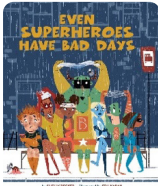
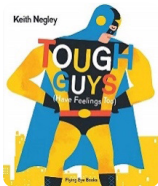
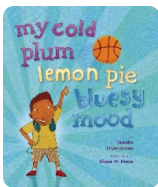




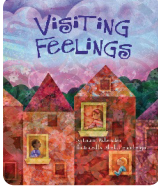


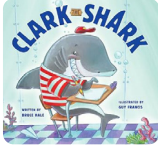

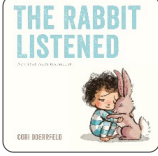
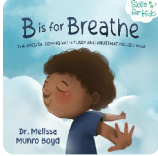
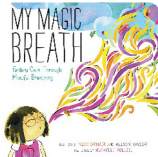
Books to Support Early Learning

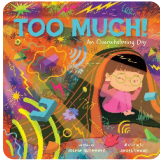
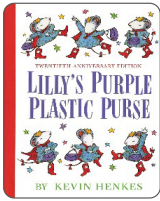
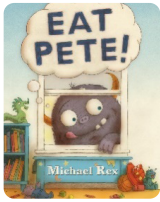


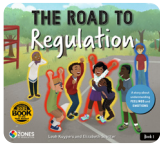
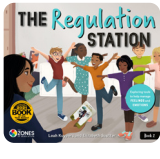
Use these storybooks with early/emergent learners (ages 4–7, learners with intellectual disabilities) to introduce, reinforce, and extend learning for each concept. Alignment to concept visuals and vocabulary are included throughout.

| CONCEPT | BOOK | DISCUSSION QUESTIONS |
|--|--|---|
| <p>Concept 1: What is Regulation?</p> <p>Books that explore our needs, and the ways we regulate to feel healthy and well.</p> <p>C1 Zones Visual Reference: Zones Meter</p> |  <p>Sometimes I Need... Helping Kids Care for Their Hearts, Minds & Bodies By Gabi Garcia Illustrated by Bianca Nita</p> | <ul style="list-style-type: none"> What are some needs we learned about in the book? How does taking care of regulating our needs make us feel? |
| |  <p>You are Healthy By Todd Snow and Melodee Strong</p> | <ul style="list-style-type: none"> Which healthy activity do you do? How do you regulate your (hunger, thirst, movement) to feel healthy? |
| <p>Concept 2: Introducing The Zones of Regulation</p> <p>Books that introduce a wide range of emotions and feelings.</p> <p>C2 Zones Visual Reference: Four Zones Visual</p> |  <p>The Way I Feel By Jann Cain</p> | <ul style="list-style-type: none"> Which emotion was new to you? Are you having any of the feelings from the book right now? |
| |  <p>The Feelings Book By Todd Parr</p> | <ul style="list-style-type: none"> What emotions from the book have you had? Which Zones did you see in this book? |
| |  <p>The Color Monster: A story about emotions By Anna Llenas</p> | <ul style="list-style-type: none"> What's your favorite emotion page in the book? What do you like about it? Pick an emotion that's not in the book. How would you show it? |
| <p>The Blue Zone</p> <p>Books that explore Blue Zone feelings.</p> |  <p>I Feel... Meh By DJ Corchin</p> | <ul style="list-style-type: none"> What Zone do you think the main character is in? Have you ever felt "meh"? When? |
| |  <p>I'm Bored By Michael Ian Black Illustrated by Debbie Ridpath Ohi</p> | <ul style="list-style-type: none"> Why does the potato think the girl is boring? When are you bored? |

| CONCEPT | BOOK | DISCUSSION QUESTIONS |
|--|---|--|
| The Blue Zone (continued) |  When I'm Feeling Lonely By Trace Moroney | <ul style="list-style-type: none"> How could you tell what Zone the bunny is in? When are some times that you feel lonely? |
| The Green Zone Books that explore Green Zone feelings. |  I Like Myself! By Karen Beaumont Illustrated by David Catrow | <ul style="list-style-type: none"> How do you think the main character feels about themselves? When do you feel proud? |
| |  The Thankful Book By Todd Parr | <ul style="list-style-type: none"> What are you thankful for? What Zone is thankful or grateful in? Why? |
| |  Layla's Happiness By Mariahadessa Ekere Tallie Illustrated by Ashleigh Corrin | <ul style="list-style-type: none"> When was a time that you were happy? How can you tell which Zone Layla is in? |
| The Yellow Zone Books that explore Yellow Zone feelings. |  Ruby Finds a Worry By Tom Percival | <ul style="list-style-type: none"> What helps Ruby's worry shrink? When is a time you've had this Yellow Zone feeling? |
| |  Unicorn Thinks He's Pretty Great By Bob Shea | <ul style="list-style-type: none"> How does goat feel about unicorn in the first half of the book? Why? When was a time that you felt jealous? |
| |  Waiting Is Not Easy! By Mo Willems | <ul style="list-style-type: none"> What Zone is Gerald in while he is waiting? How do you know? What Zone are you in when you are waiting for a long time? |

| CONCEPT | BOOK | DISCUSSION QUESTIONS |
|---|---|--|
| The Red Zone Books that explore Red Zone feelings. |  Fergal and the Bad Temper By Robert Starling | <ul style="list-style-type: none"> What Zone is Fergal in when he's fiery? Do we all get fiery sometimes? |
| |  Barbara Throws a Wobbler By Nadia Shireen | <ul style="list-style-type: none"> What Zone was Barbara in during the beginning part of the book? Have you ever had a wobbler? |
| |  Llama Llama Red Pajama By Anna Dewdney | <ul style="list-style-type: none"> What Zone is baby llama in when he's waiting for his mama? Have you ever felt terrified? |
| Concept 3: All the Zones are Okay Books that normalize a wide range of emotions and include situations that impact feelings. C2, C3 Zones Visual to Reference: Four Zones Visual, Emotion or Behavior |  Even Superheroes Have Bad Days By Shelly Becker Illustrated by Eda Kaban | <ul style="list-style-type: none"> What Zones did you see the superheroes in? Are all the superhero's feelings okay? Are all their behaviors okay? |
| |  Tough Guys (Have Feelings Too) By Keith Negley | <ul style="list-style-type: none"> What are some situations the tough guys had? How did the situation make them feel? |
| |  My Cold Plum Lemon Pie Bleusy Mood By Tamaka Fryer Brown Illustrated by Shane W. Evans | <ul style="list-style-type: none"> Are all the moods shown in the book okay? How would you describe or show the mood (or Zone) you are in now? |
| Concept 4: My Signals, My Zones Books that explore body signals and sensations. C4 Zones Visual to Reference: Four Zones Body Signals |  Listening to My Body By Gabi Garcia and Ying Hui Tan | <ul style="list-style-type: none"> What are some body signals we learned about in this book? Which body signals have you noticed for yourself? |
| |  In My Heart: A Book of Feelings By Jo Witek Illustrated by Christine Roussey | <ul style="list-style-type: none"> Which feeling or page did you like best? Why? How does your heart feel now? |

| CONCEPT | BOOK | DISCUSSION QUESTIONS |
|---|--|--|
| <p>Concept 5: The Zones Check-In</p> <p>Books about noticing and communicating about feelings.</p> <p>C5 Zones Visuals to Reference: Zones Check-In Choice Board, Zones Check-In Wand</p> | <div>  <p>Visiting Feelings By Lauren Rubenstein Illustrated by Shelly Hehenberger</p> </div> <hr/> <div>  <p>The Boy with Big, Big Feelings By Britney Winn Lee Illustrated by Jacob Souva</p> </div> | <ul style="list-style-type: none"> • Why is it helpful to notice our feelings? • Which Zone or feeling is visiting you right now? <hr/> <ul style="list-style-type: none"> • What are some feelings the boy had in the story? • How did sharing their feelings help the characters? |
| <p>Concept 6: Situations that Trigger and Spark</p> <p>Books that explore trigger and sparks.</p> <p>Concept 6 Zones Visual to Reference: Trigger and Spark Labels</p> | <div>  <p>Crankenstein By Samantha Berger Illustrated by Dan Santat</p> </div> <hr/> <div>  <p>Clark the Shark By Bruce Hale Illustrated by Guy Francis</p> </div> | <ul style="list-style-type: none"> • What are some of Crankenstein's triggers? • What are some of your triggers? <hr/> <ul style="list-style-type: none"> • What are some sparks for Clark the Shark? • What is a spark for you? How do you know? |
| <p>Concept 7: What is a Regulation Tool?</p> <p>Books that introduce the idea of regulation tools.</p> <p>C7 Zones Visual to Reference: Community Zones Visual</p> | <div>  <p>Allie All Along By Sarah Lynne Reul</p> </div> <hr/> <div>  <p>The Rabbit Listened By Cori Doerrfeld</p> </div> | <ul style="list-style-type: none"> • What Zone was Allie in? • Which regulation tool seemed to help Allie the most? <hr/> <ul style="list-style-type: none"> • What Zone was Richard in? • How does the rabbit help Richard? |
| <p>Concept 8: Building my Zones Toolbox</p> <p>Books that teach regulation tools.</p> <p>C8 Zones Visual to Reference: Tools for Each of My Zones</p> | <div>  <p>B is for Breathe: The ABCs of Coping with Fussy and Frustration Feelings By Dr. Melissa Munro Boyd (Note: Includes a religious reference, the tool for P is pray.)</p> </div> <hr/> <div>  <p>My Magic Breath: Finding Calm Through Mindful Breathing By Nick Ortner and Alison Taylor Pictures by Michelle Polizzi</p> </div> | <ul style="list-style-type: none"> • Have you used one of the regulation tools shown in this book? • What is a tool you'd like to try? <hr/> <ul style="list-style-type: none"> • How can your breath help you regulate? • When are some good times to try a magic breath? |

| CONCEPT | BOOK | DISCUSSION QUESTIONS |
|--|--|--|
| Concept 8: Building my Zones Toolbox (continued) |  Too Much! An Overwhelming Day By Jolene Gutiérrez Illustrated by Angel Chang | <ul style="list-style-type: none"> What was one of Lilly's impulses? How did following her impulse work out for Lilly? |
| Concept 9: Deciding to Regulate Books about impulse control and decision-making. C9 Zones Visual to Reference: Stop, Opt, & Go | <div>  Lilly's Purple Plastic Purse By Kevin Henkes </div> <hr/> <div>  Eat Pete! By Michael Rex </div> | <ul style="list-style-type: none"> What are some impulses that Lilly does without thinking? What are some actions Lilly takes after pausing to think? <hr/> <ul style="list-style-type: none"> What was the monster's impulse in this story? What were two options the monster had when he wanted to eat Pete? How would each of them work out? |
| Concept 10: The Zones Pathway Books to walk through the steps of the Zones Pathway. C10 Zones Visual to Reference: Zones Pathway Step by Step | <div>  Zara's Big Messy Day (That Turned Out Okay) By Rebekah Borucki and Danielle Piol </div> <hr/> <div>  The Most Magnificent Thing By Ashley Spires </div> | <ul style="list-style-type: none"> What was one of Zara's triggers? What Zone was she in? What tool did Zara try? How did it help? <hr/> <ul style="list-style-type: none"> What Zone(s) was the girl in as she tried to build her magnificent thing? What tool did she try? How did it help? |
| All Concepts: Review and Extend Learning These books are part of The Zones of Regulation resource family, providing an engaging journey into understanding, identifying, and managing Zones. | The Zones of Regulation Storybook Set: <div>  The Road to Regulation By Leah Kuypers and Elizabeth Sautter </div> <hr/> <div>  The Regulation Station By Leah Kuypers and Elizabeth Sautter </div> | <ul style="list-style-type: none"> Tips and activities for building self-awareness of Zones are included in the back of the book. <hr/> <ul style="list-style-type: none"> Tips and activities for practicing and using regulation tools are included in the back of the book. |