

Scenario Cards

“What Zone
are you In?”

Zones of Regulation Tool

**You get to sit
by one of your
best friends on
the bus.**

**What zone are
you in?**

**Your friends
won't let you
play soccer
with them at
recess.**

**What zone are
you in?**

**You have to go
to the dentist
after school.**

**What zone are
you in?**

**You stub your
toe on the
corner of the
couch at home.**

**What zone are
you in?**

**Your baby
brother will
not stop crying
during your
choir concert .**

**What zone are
you in?**

**You forgot
your school
project at
home that is
due today.**

**What zone are
you in?**

**You get to sit
by one of your
best friends on
the bus.**

**What zone are
you in?**

**You couldn't
sleep last night
because you
had a
nightmare.**

**What zone are
you in?**

**You heard a
hilarious joke
on the bus this
morning.**

**What zone are
you in?**

**Someone
budges you in
line.**

**What zone are
you in?**

**You just found
out that your
cat had
kittens.**

**What zone are
you in?**

**You have to go
to the
principal's
office.**

**What zone are
you in?**

**You are
getting hot
lunch and it's
pizza day.**

**What zone are
you in?**

**You forgot
your lunch at
home and have
to get cold
lunch.**

**What zone are
you in?**

**You cannot
figure out how
to solve your
math
homework.**

**What zone are
you in?**

**Your friends
won't let you
play soccer
with them at
recess.**

**What zone are
you in?**

**You lost your
dog.**

**What zone are
you in?**

**Your brother
just hit you.**

**What zone are
you in?**

**Your friend
didn't invite
you to their
birthday
party.**

**What zone are
you in?**

**It's time for
your class
Halloween
party.**

**What zone are
you in?**

**You fell off
the monkey
bars and are
now bleeding.**

**What zone are
you in?**

**Your parents
just grounded
you from all
electronics.**

**What zone are
you in?**

**You got a new
board game
for your
birthday.**

**What zone are
you in?**

**It's the day
before winter
break.**

**What zone are
you in?**

**Your cousins
are coming this
weekend for a
sleepover.**

**What zone are
you in?**

**Someone has
your favorite
pencil that
your dad gave
you.**

**What zone are
you in?**

**Your best
friend invited
you to their
house.**

**What zone are
you in?**

**Your throat
hurts and you
are really cold
all day long.**

**What zone are
you in?**

**You cannot
wait to read
your new book
you got last
night.**

**What zone are
you in?**

**Today you get
to go to the
science
museum.**

**What zone are
you in?**

**You have to go
to the dentist
after school.**

**What zone are
you in?**

**You have to go
grocery
shopping with
your dad.**

**What zone are
you in?**

**You fell down
the stairs at
school.**

**What zone are
you in?**

**You drank a
whole can of
Mountain Dew.**

**What zone are
you in?**

**You just found
out that it is a
snow day.**

**What zone are
you in?**

**What makes
you in the
green zone?**

**What makes
you in the red
zone?**

**What makes
you in the blue
zone?**

**What makes
you in the
yellow zone?**

**What zone are
you in?**

**What zone are
you in?**

**What zone are
you in?**

**What zone are
you in?**

Thank you for purchasing & hope you enjoy!

Instructions:

1. Cut out the scenario cards and laminate.
 2. You can use these as a whole class exercise, small group, during counseling session or 1:1.
 3. Enjoy
 4. Make your own circumstance cards with the blank template on page 11.
- Borders & Fonts By: KB Fonts, Sticky Foot Studio, The Teacher Fonts & Lovin Lit

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