

Zones of Regulation

Lesson 2: Zones Bingo

GOALS

- Increase the client's emotional vocabulary
- Increase the client's ability to read facial expression
- Deepen the client's understanding of the Zones

MATERIALS NEEDED

- ◉ Bingo marks of some sort
- ◉ Paper cutter/scissors
- ◉ Bingo Cards
- ◉ Zones Emotions
- ◉ Container to put emotional card in

LEAD-IN

1. Facial Expression

- Have someone make dramatic facial expressions and ask the client to identify the emotions. This activity should continue until the client is unable to identify the emotion.

2. Facilitate a conversation about the importance of accurately reading the facial expressions of others.

3. Share the goals of the activities

BINGO ACTIVITY (Directions)

- Provide a description of the activity, including the goal for the bingo game.
- Call out the names of the emotions or show him or her the picture. Give the client time to find the accurate emotions as demonstrated by them putting a marker on the appropriate space.
- The game will continue until a bingo is called.

WRAPPING UP

◎ Follow up questions:

1. What new emotions or facial expression did you learn?
2. Can you demonstrate the new emotions or facial expression you have learned?
3. Can you recognize what zone others are in based on his or her facial expressions?
4. How could reading someone's facial expression change how you interact with them?

Additional Activities:

- Zone Collage
- Egg Hunt with feelings in them