***Zones of Regulation Post-Test - 3rd Grade***

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| 1. **I know what a Zone of Regulation is**

1 2 3 4 5Not at all A little Yes, I know |
| 1. **I know what self-regulation is**

1 2 3 4 5Not at all A little Yes, I know |
| 1. **I know what feelings are in a Blue Zone**

1 2 3 4 5Not at all A little Yes, I know |
| 1. **I know what feelings are in a Green Zone**

1 2 3 4 5Not at all A little Yes, I know |
| 1. **I know what feelings are in a Yellow Zone**

1 2 3 4 5Not at all A little Yes, I know |
| 1. **I know what feelings are in a Red Zone**

1 2 3 4 5Not at all A little Yes, I know |
| 1. **I liked learning about the different Zones**

1 2 3 4 5 Not at all A little Yes |
| 1. **I enjoyed the activities we did today**

1 2 3 4 5 Not at all A little Yes |
| 1. **I feel that I learned some new strategies I can use for my feelings.**

1 2 3 4 5 Not at all A little Yes |