***Zones of Regulation Pre-Test RESULTS - 3rd Grade***

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| 1. **I know what a Zone of Regulation is**   1 2 3 4 5  Not at all A little Yes, I know  65% 18% 8% 3% 6% |
| 1. **I know what self-regulation is**   1 2 3 4 5  Not at all A little Yes, I know  54% 16% 18% 6% 6% |
| 1. **I know what feelings are in a Blue Zone**   1 2 3 4 5  Not at all A little Yes, I know  41% 13% 18% 6% 22% |
| 1. **I know what feelings are in a Green Zone**   1 2 3 4 5  Not at all A little Yes, I know  45% 14% 24% 5% 12% |
| 1. **I know what feelings are in a Yellow Zone**   1 2 3 4 5  Not at all A little Yes, I know  35% 25% 18% 10% 12% |
| 1. **I know what feelings are in a Red Zone**   1 2 3 4 5  Not at all A little Yes, I know  37% 12% 19% 10% 22% |

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

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| 1. **I know what a Zone of Regulation is**   1 2 3 4 5  Not at all A little Yes, I know  3% 3% 15% 18% 61% |
| 1. **I know what self-regulation is**   1 2 3 4 5  Not at all A little Yes, I know  3% 3% 15% 16% 63% |
| 1. **I know what feelings are in a Blue Zone**   1 2 3 4 5  Not at all A little Yes, I know  0% 5% 7% 7% 81% |
| 1. **I know what feelings are in a Green Zone**   1 2 3 4 5  Not at all A little Yes, I know  0% 3% 5% 7% 85% |
| 1. **I know what feelings are in a Yellow Zone**   1 2 3 4 5  Not at all A little Yes, I know  0% 3% 7% 7% 83% |
| 1. **I know what feelings are in a Red Zone**   1 2 3 4 5  Not at all A little Yes, I know  2% 3% 3% 10% 82% |
| 1. **I liked learning about the different Zones**   1 2 3 4 5  Not at all A little Yes  2% 10% 14% 10% 64% |
| 1. **I enjoyed the activities we did today**   1 2 3 4 5  Not at all A little Yes  2% 3% 10% 8% 77% |
| 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  2% 5% 10% 5% 78% |