***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 5Not at all A little Yes, I know 65% 18% 8% 3% 6% |
| 1. **I know what self-regulation is**

1 2 3 4 5Not 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 5Not 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 5Not 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 5Not 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 5Not 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 5Not at all A little Yes, I know 3% 3% 15% 18% 61% |
| 1. **I know what self-regulation is**

1 2 3 4 5Not 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 5Not 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 5Not 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 5Not 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 5Not 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% |