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

|  |
| --- |
| 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 |