

Woolbur

1. [Watch the Read Aloud \(click here\)](#)

2. Use word banks to fill in the blanks



Zones of Regulation bank:

green red yellow blue

Emotion bank:

nervous wild calm out of control afraid
worried happy anxious cool & collected

Woolbur is in the _____ zone. I can tell, because he is _____.

When I am in the _____ zone, some things I can do to return to the green zone are:

- 1)
- 2)

Maa and Paa are in the _____ zone. I can tell, because they are _____.

_____. When I am in the _____ zone, some things I can do to return to the green zone are:

- 1)
- 2)

Grandpaa is in the _____ zone. I can tell, because he is _____.

When I'm in the _____ zone, I look like (draw a photo of yourself):

