

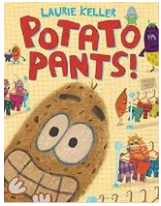
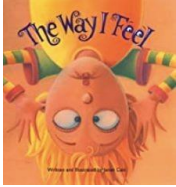
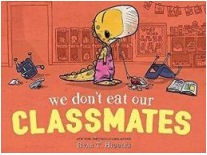

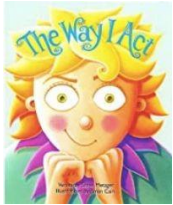
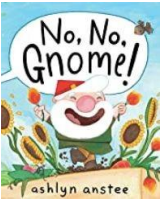
The ZONES of Regulation Book Nook

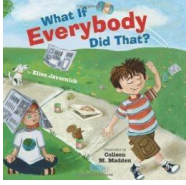
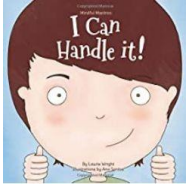

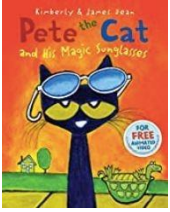


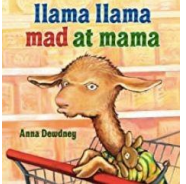


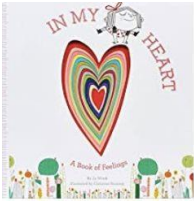

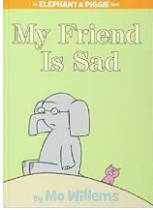
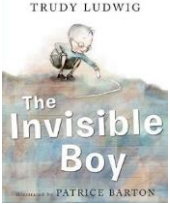
Here is a list of books recommended to support the Zones of Regulation by both staff and professionals on social media. Disclaimer: We have not read each and every book on this list, so please read for yourself before reading with your children. Some books have a Zones colour next to them if they work well with a specific Zone. Most work with a wide range of Zones and concepts from the curriculum.


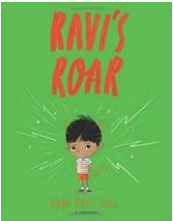


Have a recommendation? We always love to hear about more books to add. If you have a recommendation, please let Mrs Rose know.

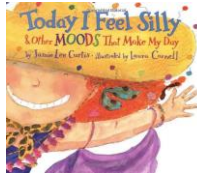
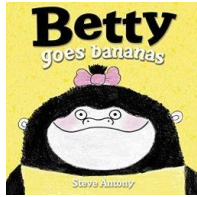


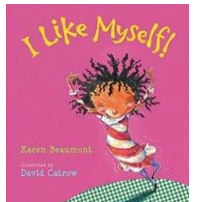

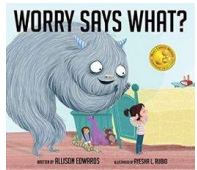

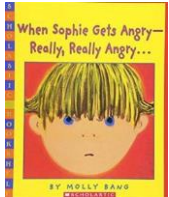
	Title, Author	Cover	Description
1	"Chrysanthemum" by Kevin Henkes ■		"I use this book (and many other books by Kevin Henkes) when I'm teaching about the blue zone. The main character is teased by her classmates about her name which makes her feel sad. Her parents help her to feel better and get into the green zone."
2	"What Should Danny Do" by Ganit and Adir Levy		"I have my students tell which zone each character is in, at different parts of the book. I also ask them to notice how the choices the characters make throughout the book (positive or negative), impacts which zone they move to." "I use it to teach students about how the choices they make can affect the way their day goes. The book has 9 different endings, depending on the choices the students make for Danny's actions."
3	"Fergal is Fuming" by Robert Starling ■		"We use it to work on strategies to get back to the green zone."
4	"Clark the Shark" by Bruce Hale and Guy Francis ◆		"This book is great for the Yellow Zone, shows silly/impulsive behaviour. The main character models using the tool of self-talk- rhyming- to help him manage his Zone."




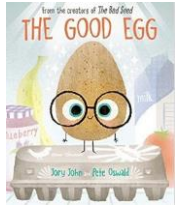

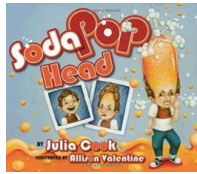

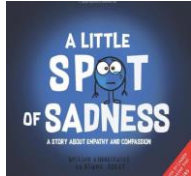

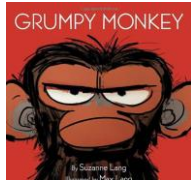
5	"Potato Pants" by Laurie Keller		"Zone identification, size of the problem"
6	"The Way I Feel" by Janin Cain		<p>"I use this book as an introduction to emotions."</p> <p>"After reading the book, we go back through it and talk about what zone you might be in if you're experiencing the various emotions."</p>
7	"We don't eat our classmates!" by Ryan T. Higgins		"This book helps reinforce the concept that all zones are ok and even the red zone can be expected in a given situation!"
8	"Even Superheroes Have Bad Days" by Shelly Baker		"I use this book to teach Expected vs Unexpected Behaviours"
9	"How I act" by Janan Cain		
10	"No, No, Gnome" by Ashlyn Anstee		"The gnome in the story demonstrates very unexpected behaviour. The gnome recognizes how his behaviour impacts those around him and works to take better care of those around him. The story is incredibly entertaining for young students, as it essentially walks them through a social behaviour map."

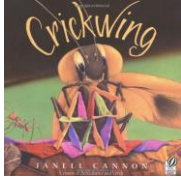
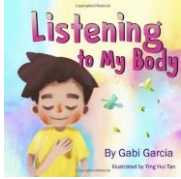
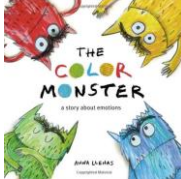
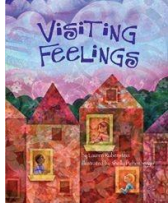

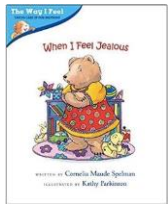
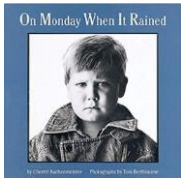
11	<p>"What if Everybody Did That?" by Ellen Javernick, Colleen M. Madden</p>		<p>"I use this book to reinforce expected/unexpected behaviours and impacts of our behaviour on others."</p>
12	<p>"I Can Handle It" by Laurie Wright</p>		<p>"This is a great quick book to reinforce size of the problem and expected and unexpected reactions to problems."</p>
13	<p>"I Can Do That" by Kayla Marnach</p>		<p>"This is a great book to reinforce the concepts of tools, and the physiological sensations that can be indicative of a particular zone/emotion."</p>
14	<p>"Pete The Cat and his Magic Sunglasses" by Kimberly and James Dean</p>		<p>"I use it to introduce the idea that we can group feelings into coloured zones. While I read the book, I jump into hula hoops on the floor that are the zones colours based on the feeling of the characters."</p>
15	<p>"The Pigeon HAS To Go To School!" by Mo Willems </p>		<p>"After reading the book, I ask the students to be Zones detectives and determine what Zone the Pigeon was in for the majority of the book (yellow). I also ask them to name a time when the Pigeon was in the Red Zone and the Green Zone."</p>
16	<p>"Llama Llama Mad at Mama" by Anna Dewdney</p>		<p>"I use this book after introducing the different zones. The students are able to tell me which emotions are in each zone. While reading the book, I stop and have students help identify when the character moves from the green zone into other zones through the story."</p>


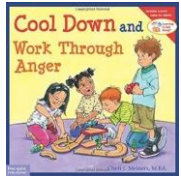
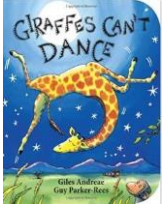
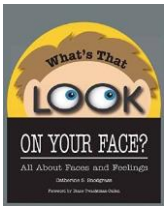

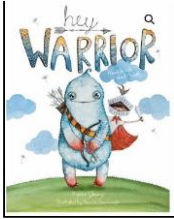

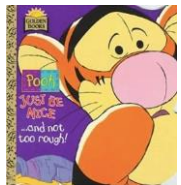
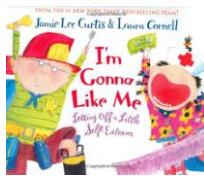
17	<p>"In My Heart: A Book of Feelings" by Jo Witek</p>		<p>"I use this book to help children identify how their 'feelings' might feel in their own bodies"</p>
18	<p>"My Friend is Sad" by Mo Willems</p> 		<p>"I use this book to help young students understand the blue zone."</p>
19	<p>"The Invisible Boy" by Trudy Ludwig</p>		<p>"I use this book with the lesson: Our behaviour Impacts the Feelings of Those Around Us. We discussed expected and unexpected behaviours and zones throughout the book. We also talk about how to change how the character feels in each scenario in the story - smiling at someone is this easy or hard - so easy! you can do this today. Afterwards I have students create notes or messages to change how someone feels and we hand them out throughout the school."</p>

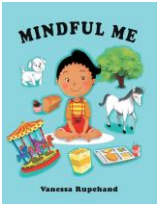




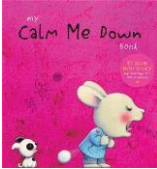

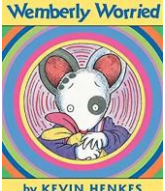
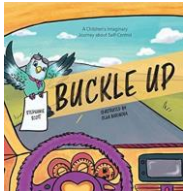
20	<p>"How Do Dinosaurs Go to School?" by Jane Yolen</p>		<p>"I use this book to reinforce the concept of expected and unexpected behaviours with kindergarten students."</p>
21	<p>"Ravi's Roar" by Tom Percival</p> 		<p>"I use this book to reinforce many of the Zone's lessons. Ravi can control his temper but, one day, he lets out the tiger within. But who wants to play with a growling, roaring, noisy, wild tiger who won't share or play nicely? So Ravi has to calm down and let his tiger go."</p>
22	<p>"Ruby's Worry" by Tom Percival</p> 		<p>"I love this book to reinforce yellow zone emotions. I love how this book shows we all have worries from time to time and talking to others is one tool we can use that can help ensure the worries don't stay around too long."</p>

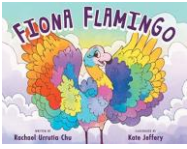

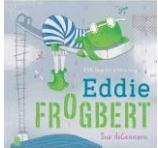

23	<p>“Today I Feel Silly and Other Moods that Make my Day” by Jamie Lee Curtis and Laura Cornell</p>		<p>“I use this book to identify the zone that each emotion described in the book is in. Fun book and they really enjoy associating it with the correct zone.”</p>
24	<p>“Betty Goes Bananas” by Steve Anthony</p>		<p>“Learning about feelings/emotions & that they come & go before introducing the Zones through Lessons 1-3 & 9... not a specific answer as some children asks for this book over & over... also an example of co-regulation...”</p>
25	<p>“The Most Magnificent Thing” by Ashley Spires</p>		<p>“Identifying Zones, particularly the strategies the character uses to get back to Green Zone.”</p>
26	<p>“I Like Myself” by Karen Beaumont</p> <p></p>		<p>“I use this book to teach the green zone and being happy with who you are as a person.”</p>
27	<p>“Worry Says What” by Allison Edwards</p> <p></p>		<p>“This can be used to identify yellow zone feelings: Lesson 6 Me and My Zone. This story helps give students tools for dealing with worries. There is a song in the story that students can use to help silence the worries. This book can also be used when you discuss creating your own toolbox. Singing the song inside of your head can be a tool for dealing with worries.”</p>
28	<p>“When Sophie Gets Angry- Really Really Angry...” by Molly Bang</p> <p></p>		<p>“I use this book to discuss triggers, calm down strategies for creating your toolbox. At the end Sophie has painted a picture and this is an example of a calm down strategy, I like the way the author changes the outlining color around Sophie to show how her feelings changed throughout the story. This can also be used for Size of My Problem when addressing your reaction when things occur.”</p>

<p>29</p>	<p>“Crankenstein” by Samantha Berger</p> 		<p>“I love this book because it tackles many topics with Zones and Social Thinking. Students identify that Crakenstein is in the “Red Zone” and his triggers. This book is also great for Size of the Problem and understanding perspectives. After I read the book, we discuss our triggers and what makes us cranky. The students then me Crankensteins and write their triggers. “</p>
<p>30</p>	<p>“The Good Egg” by Jory John and Pete Oswald</p> 		<p>“I use this book to help students identify triggers and tools. In this story the Good Egg gets stressed out by the other eggs in the carton and the need to be perfect. He ends up cracking under the stress. He leaves the carton and learns different tools to calm himself and heal his cracks. It is also great for students who have difficulty with mistakes and the need for perfection.”</p>
<p>31</p>	<p>“Soda Pop Head” by Julia Cook</p> 		<p>“Lester has difficulty managing his anger and with problem solving. He learns tools to help him manage his anger and to move from the “red” to “green” zone. I love this book because it shows both the yellow and red zone. It also helps teach triggers and perspective. When Lester moves into the “red” zone, the other kids laugh and tease him. The artwork also clearly illustrates moving between the Zones. “</p>
<p>32</p>	<p>“A Little Spot of Sadness” by Diane Alber</p> 		<p>“This book is great connecting to the blue zone and green zone (peaceful spot). Great author and will be buying more of her books!”</p>
<p>33</p>	<p>“The Grumpy Monkey” by Suzanne Lang and Max Lang</p> 		<p>“I use this book to discuss feeling in a bad mood (blue zone) and not knowing how to cheer yourself up. The monkey wakes up grumpy for no particular reason, and even though his friends offer to do his favourite activity with him to cheer him up, nothing cheers him up. At the end, sitting with his best friend makes him feel better. It helps guide my discussion by naming how other people feel, and identifying facial features that tell us someone is upset (or another feeling).”</p>

34	<p>“Crickwing” by Jannell Cannon</p>		<p>“I am teaching the zones in my room based on info that I can gather here and there. I happened upon Crickwing. It fits perfectly! Crickwing is a cockroach of the rainforest. His wing is broken, and he is made fun of. He falls into a cycle of anger and begins to be a bully. A series of events help him see his behaviour and he decides to change. My kids used Zones language to retell the story. I hadn't even thought to do that. It was so natural and perfect.”</p>
35	<p>“Listening to My Body” by Gabi Garcia</p>		<p>“Talking about how your body feels when you experience different emotions.”</p>
36	<p>“The Color Monster” by Anna Llenas</p>		<p>“I use this book to introduce emotions to students since so many of them only understand happy, sad or mad. We read this before even introducing Zones to give some foundational knowledge for them to build from.”</p>
37	<p>“Visiting Feelings” by Lauren Rubenstein</p>		<p>“This book encourages the reader to treat feelings as guests. I use it to talk about emotional awareness and that no feeling is a bad feeling.”</p>
38	<p>“When I Feel Jealous” by Cornelia Maude Spelman</p> <p></p>		<p>“I use this book to talk about the unpleasant feeling of jealousy and connect it to the yellow zone. The book also explains what children can do when they feel jealous so they have a tool to use.”</p>
39	<p>“On Monday When It Rained” by Cherryl Kachenmeister</p>		<p>“I use this book to introduce a variety of emotions to students and tie the emotions to the corresponding zone. The book is set up with a scenario for each day of the week followed by how the little boy in the book feels. There are black and white photographs of how the boy looks when he is feeling each emotion.”</p>

40	<p>"Cool Down and Work Through Anger" by Cheri J. Meiners</p> 		<p>"I use this book to talk about anger and the red zone. Children learn that it is okay to feel angry but it is not okay to hurt anyone with actions or words. The book also provides ways to cope with one's anger."</p>
41	<p>"Giraffes Can't Dance" by Giles Andreae and Guy Parker-Reese</p>		<p>"I use this book to discuss and show how we can experience so many emotions and move through the zones, as well as, discussing expected and unexpected actions and how others can impact and change our feelings/zones."</p>
42	<p>"What's That Look on Your Face All About?" By Catherine Snodgrass</p>		<p>"I use this book in a variety of ways. First you can introduce a variety of feelings and connect those feelings to the different zones. You can also use it to work on increasing the students' emotional vocabulary (e.g., confused, perplexed, puzzled, and befuddled). Finally, the last two pages of the book contain pictures of children expressing a variety of emotions but the pictures are not labeled. You can teach the ways in which one's face changes with different emotions and teach students to 'read' expressions."</p>
43	<p>"Hey Warrior" by Karen Young</p> 		<p>"Anxiety and how to be a warrior of your Anxiety"</p>
44	<p>"Pooh: Just Be Nice... and not too rough!" by Eleanor Fremont</p> 		<p>"Tigger's bouncing bothers his friends, and they hurt his feelings when they tell him so. They all work together to help him find a good bouncing spot where he can self-regulate. The various characters highlight responses which show ways to manage your zones."</p>
45	<p>"I'm Gonna Like Me: Letting off a Little Self-Esteem" by Jaime Lee Curtis</p>		<p>"Intro, sorting feelings into zones and why or name a time you experienced this feeling and if needed a tool you used to calm down from red or yellow or move out of blue"</p>

46	<p>"Mindful Me" by Vanessa Rupchand</p>		<p>"The book has been valuable in teaching students to recognize and correctly acknowledge their zone. The information provided as well as the techniques are an excellent resource for students to begin working on self/emotional regulation."</p>
47	<p>The "Help Your Dragon" Series by Steve Herman</p>		<p>"Each book tackles a different emotion or coping skill. It's very easy to tie it to the Zones. The kids love Digory-Doo. (I even bought the stuffed animal.)"</p>
48	<p>"The Problem with Problems" by Rachel Rooney</p>		<p>"Size of the Problem - actually, even before that, discussion about problems."</p>
49	<p>"My Calm Me Down Book" by Trace Moroney</p> <p> </p>		<p>"Tantrums/Meltdowns are called 'feelings storms' - good to talk about zones, triggers, changing zones, toolbox, idea that feelings come and go and that you can make that happen "What will I choose to do to help me feel calmer? How will my body feel when I am calm?"</p>
50	<p>"Wemberly Worried" by Kevin Henkes</p> <p></p>		<p>"This book is a great way to connect yellow to anxious kiddos, as well as a coping technique for kids to handle anxiety."</p>
51	<p>"Buckle Up: A Children's Imaginary Journey about Self-Control" by Stephanie Scott</p>		<p>I created this interactive book to encourage children to accept support while facing various obstacles or stressors, be aware of their thoughts and feelings, and use coping skills that's available. With Nini the bird as the special guide, readers will take a road trip in their mind, while being in the driver's seat. Readers will learn how to face life's obstacles and disappointments with healthy, positive "green thoughts", and wait patiently for the rainbow that will surely follow the rain."</p>

52	"Fiona Flamingo" by Rachael Urrutia Chu		"I use this book to help connect students to the fact that all emotions/feelings are okay."
53	"Last Pick" graphic novel series by Jason Walz		"The "Last Pick" teen graphic novel series features fully developed characters with disabilities who become the heroes the world needs. Shows teens using tools to manage their emotions."
54	"Eddie Frogbert" by Sue DeGennaro		"The character Eddie experiences a number of emotions and changes zones throughout as a result. We made self-connections and named up which zone he was in at the beginning, through the middle and at the end."
55	"Sweep" by Louise Greig		"This linked well to the size of the problem. A small problem snowballed and as a result 'swept' through the town. This initiated our learning around the size of a problem and tools that we can use when faced with a trigger."