

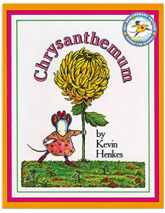
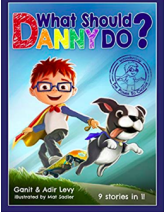
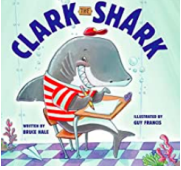
The ZONES of Regulation Book Nook

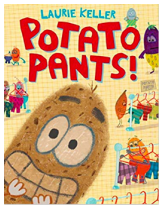
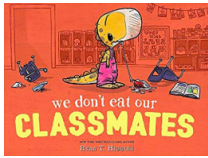
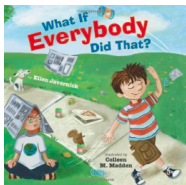


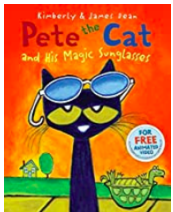
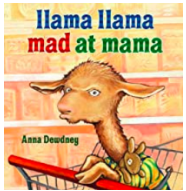
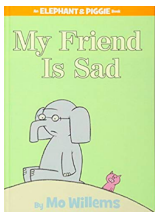
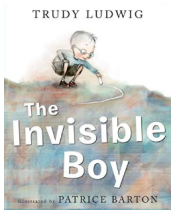
Hi Zones Community! One of our most common questions is children's book recommendations to introduce/reinforce concepts from *The Zones of Regulation* (Kuypers, 2011). Here is a list of books recommended by both our staff and our many friends on social media. Disclaimer: We have not read each and every book on this list, so please read for yourself before reading with your students. Some books have a Zones color next to them if they work well with a specific Zone. Most work with a wide range of Zones and concepts from the curriculum. (Most recent update: 3/18/21)

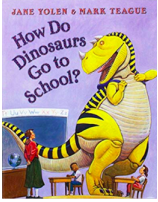
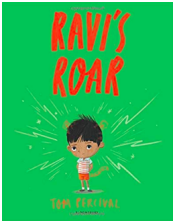
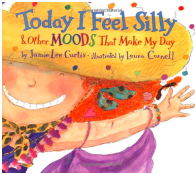
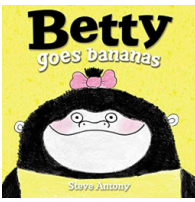
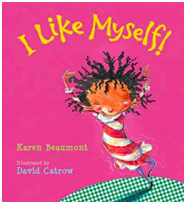
*If you are PRINTING this list, you may want to download as a PDF first for better margins.

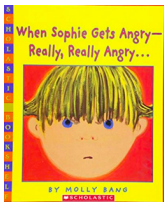
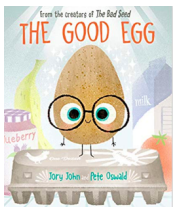
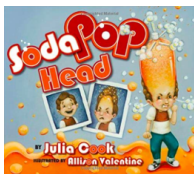
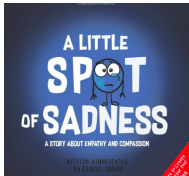
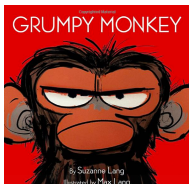
Have a recommendation? Fill out our survey, and we'll add it to the list: [Zones Book Survey](#)

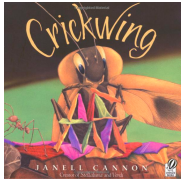
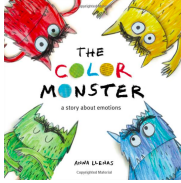
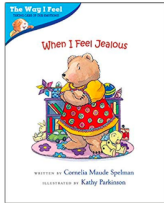
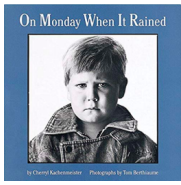
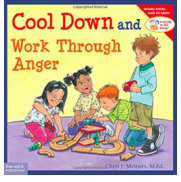
	Title, Author	Cover	Recommended by- description
1	"Chrysanthemum" by Kevin Henkes 		Sarah Burke (Kindergarten inclusion teacher from Boston, MA) "I use this book (and many other books by Kevin Henkes) when I'm teaching about the blue zone. The main character is teased by her classmates about her name 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    		Adina (School social worker from Michigan) "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." Susan Bertke (Kindergarten teacher from Ft. Recovery, OH) "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 		Nerida Kiprotich (teacher from Hong Kong) "We use it to work on strategies to get back to the green zone."
4	"Clark the Shark" by Bruce Hale and Guy Francis 		Leah Kuypers (creator of The Zones of Regulation from Minneapolis, MN) "This book is great for the Yellow Zone, shows silly/impulsive behavior. The main character models using the tool of self-talk-rhyming- to help him manage his Zone."

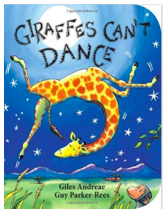
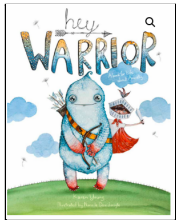
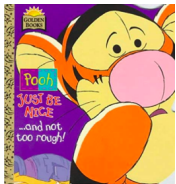
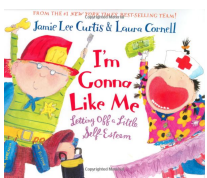
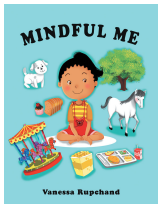
5	"Potato Pants" by Laurie Keller 		Genny (school social worker from Woodridge, Illinois) "Zone identification, size of the problem"
6	"The Way I Feel" by Janin Cain		Crystal Winters (school psychologist from Wichita, KS) "I use this book as an introduction to emotions." Marci J (teacher from Tacoma, WA) "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."
7	"We don't eat our classmates!" by Ryan T. Higgins		Amy B (school psychologist) "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		Lauren Frydman (school counselor from Reno, NV) "I use this book to teach Expected vs Unexpected Behaviors"
9	"How I act" by Janan Cain		Mrs. Jackman (2nd grade teacher)
10	"No, No, Gnome" by Ashlyn Anstee		Melanie Hartong (Occupational therapist from Cincinnati, OH) "The gnome in the story demonstrates very unexpected behavior. The gnome recognizes how his behavior 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 behavior map."
11	"What if Everybody Did That?" by Ellen Javernick, Colleen M. Madden		Emily Walz (special education teacher, works at The Zones of Regulation from Minneapolis, MN) "I use this book to reinforce expected/unexpected behaviors and impacts of our behavior on others."
12	"I Can Handle It" by Laurie Wright		Melanie Hartong (Occupational therapist from Cincinnati, OH) "This is a great quick book to reinforce size of the problem, and expected and unexpected reactions to problems."

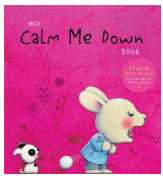
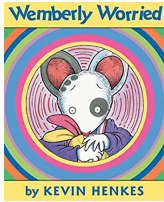
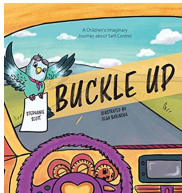
13	"I Can Do That" by Kayla Marnach 	Melanie Hartong (Occupational therapist from Cincinnati, OH) <i>"This is a great book to reinforce the concepts of tools, and the physiological sensations that can be indicative of a particular zone/emotion."</i>
14	"Pete The Cat and his Magic Sunglasses" by Kimberly and James Dean  	(anonymous school counselor from Hayden, ID) <i>"I use it to introduce the idea that we can group feelings into colored zones. While I read the book I jump into hula hoops on the floor that are the zones colors based on the feeling of the characters."</i>
15	"The Pigeon HAS To Go To School!" by Mo Willems  	Jenny Gilles (Music Educator and building Zones coordinator from Chardon, OH) <i>"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."</i>
16	"Llama Llama Mad at Mama" by Anna Dewdney  	Mrs. Fisher (special education teacher from Texas) <i>"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."</i>
17	"In My Heart: A Book of Feelings" by Jo Witek  	Gee (Emotional Literacy Support Assistant (ELSA) from Surrey, United Kingdom) <i>"I use this book to help children identify how their 'feelings' might feel in their own bodies"</i>
18	"My Friend is Sad" by Mo Willems  	Barb Casey (Principal from Walla Walla, WA) <i>"I use this book to help young students understand the blue zone."</i>
19	"The Invisible Boy" by Trudy Ludwig 	Shantel Ducarme (school counselor from Calgary, Alberta, Canada) <i>"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."</i>

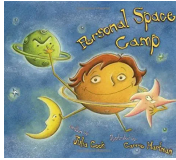
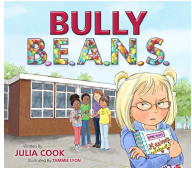
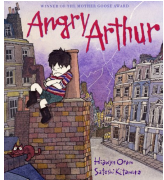
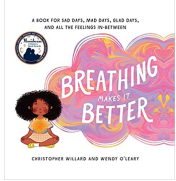
20	"How Do Dinosaurs Go to School?" by Jane Yolen 		Shantel Ducarme (school counselor from Calgary, Alberta, Canada) <i>"I use this book to reinforce the concept of expected and unexpected behaviours with kindergarten students."</i>
21	"Ravi's Roar" by Tom Percival 		Sophie from @_socialspeech_ (speech pathologist from Sydney, Australia) <i>"I use this book to reinforce many of the Zones lessons. Ravi can control his temper but, one day, he lets out the tiger within (lesson 4: the Zones in me and lesson 9: triggers) But who wants to play with a growling, roaring, noisy, wild tiger who won't share or play nicely? (Lesson 5: social behaviour mapping) So Ravi has to calm down and let his tiger go (lesson 10)."</i>
22	"Ruby's Worry" by Tom Percival 		Sophie from @_socialspeech_ (speech pathologist from Sydney, Australia) <i>"I love this book to reinforce yellow zone emotions (worried, nervous) (Lesson 4: identifying emotions and lesson 6: me in my zones) I love how this book shows we all have worries from time to time and talking to others (lesson 12) is one tool we can use that can help ensure the worries don't stay around too long."</i>
23	"Today I Feel Silly and Other Moods that Make my Day" by Jamie Lee Curtis and Laura Cornell 		Bridget Hand (School Counselor from Indianapolis, IN) <i>"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."</i>
24	"Betty Goes Bananas" by Steve Anthony		Fiona (Psychologist) and Eve (OT) from Melbourne, Australia <i>"Learning about feelings/emotions & that they come & go before introducing the Zones through Lessons 1-3 & 9... not a specific answer as some children ask for this book over & over... also an example of co-regulation..."</i>
25	"The Most Magnificent Thing" by Ashley Spires 		Erin Spencer (School Social Worker from Cambridge, MA) <i>"Identifying Zones, particularly the strategies the character uses to get back to Green Zone."</i>
26	"I Like Myself" by Karen Beaumont 		Tracy Spain (School Counselor from MD) <i>"I use this book to teach the green zone and being happy with who you are as a person."</i>

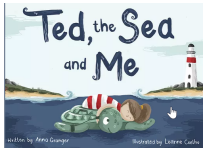
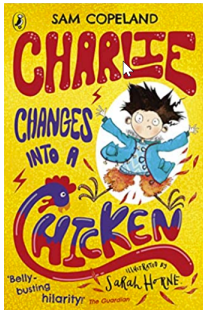
27	“Worry Says What” by Allison Edwards 		Tracy Spain (School Counselor from MD) <i>“This can be used to identify yellow zone feelings: Lesson 6 Me and My Zone. This story helps give students tools for dealing with worries. There is a song in the story that students can use to help silence the worries. 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.”</i>
28	“When Sophie Gets Angry- Really Really Angry...” by Molly Bang 		Tracy Spain (School Counselor from MD) <i>“I use this book to discuss triggers, calm down strategies for creating your tool box. 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.”</i>
29	“Crankenstein” by Samantha Berger 		Megan Marks (Speech and Language Pathologist from Plainfield, IL) <i>“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. “</i>
30	“The Good Egg” by Jory John and Pete Oswald 		Megan Marks (Speech and Language Pathologist from Plainfield, IL) <i>“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 heel his cracks. It is also great for students who have difficulty with mistakes and the need for perfection.”</i>
31	“Soda Pop Head” by Julia Cook 		Megan Marks (Speech and Language Pathologist from Plainfield, IL) <i>“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 art work also clearly illustrates moving between the Zones. “</i>
32	“A Little Spot of Sadness” by Diane Alber 		Angel Holt (kindergarten teacher in Austin, TX) <i>“This book is great connecting to the blue zone and green zone (peaceful spot). Great author and will be buying more of her books!”</i>
33	“The Grumpy Monkey” by Suzanne Lang and Max Lang 		Alanna (social worker from New York City, NY) <i>“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 favorite 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).”</i>

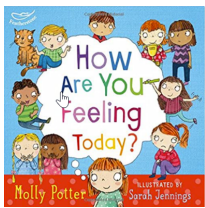
34	“Crickwing” by Jannell Cannon 		Marte Scruggs (teacher from Lansing, TN) <i>“I am teaching the zones in my room based on info that I can gather here and there. I happened upon Crickwing. It fits perfectly! Crickwing is a cockroach of the rainforest. His wing is broken and he is made fun of. He falls into a cycle of anger and begins to be a bully. A series of events help him see his behavior 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.”</i>
35	“Listening to My Body” by Gabi Garcia 		Crystal Winters (school psychologist from Wichita, KS) <i>“Talking about how your body feels when you experience different emotions.”</i>
36	“The Color Monster” by Anna Llenas 		Crystal Winters (school psychologist from Wichita, KS) <i>“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.”</i>
37	“Visiting Feelings” by Lauren Rubenstein 		Michele Dimon-Borowski (Autism consultant from Auburn, NY) <i>“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.”</i>
38	“When I Feel Jealous” by Cornelia Maude Spelman 		Michele Dimon-Borowski (Autism consultant from Auburn, NY) <i>“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.”</i>
39	“On Monday When It Rained” by Cherryl Kachenmeister 		Michele Dimon-Borowski (Autism consultant from Auburn, NY) <i>“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.”</i>
40	“Cool Down and Work Through Anger” by Cheri J. Meiners 		Michele Dimon-Borowski (Autism consultant from Auburn, NY) <i>“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.”</i>

41	"Giraffes Can't Dance" by Giles Andreae and Guy Parker-Reese 	Tania Rosa (occupational therapist from Providence, RI) <i>"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."</i>
42	"What's That Look on Your Face All About?" By Catherine Snodgrass  	Michele Dimon-Borowski (Autism consultant from Auburn, NY) <i>"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."</i>
43	"Hey Warrior" by Karen Young  	Cynthia (teacher from Australia) addresses "Anxiety and how to be a warrior of your Anxiety"
44	"Pooh: Just Be Nice... and not too rough!" by Eleanor Fremont  	Tsinda Coombs (elementary teacher from Saskatchewan) <i>"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."</i>
45	"I'm Gonna Like Me: Letting off a Little Self-Esteem" by Jaime Lee Curtis 	JF (counselor from MA) <i>"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"</i>
46	"Mindful Me" by Vanessa Rupchand 	<i>"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."</i>
47	The "Help Your Dragon" Series by Steve Herman 	Chris Hipsher (special education teacher from Elkhart, IN) <i>"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.)"</i>

48	"The Problem with Problems" by Rachel Rooney 		Fiona (psychologist from Melbourne, Australia) <i>"Size of the Problem - actually even before that, discussion about problems."</i>
49	"My Calm Me Down Book" by Trace Moroney 		Fiona (psychologist from Melbourne, Australia) <i>"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?"</i>
50	"Wemberly Worried" by Kevin Henkes 		Christina Behlman (Kindergarten teacher from St. Louis, MO) <i>"This book is a great way to connect yellow to anxious kiddos, as well as a coping technique for kids to handle anxiety."</i>
51	"Buckle Up: A Children's Imaginary Journey about Self-Control" by Stephanie Scott		Stephanie Scott (Child and Youth Counselor from Hamilton, ON, Canada) <i>"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."</i>
52	"Fiona Flamingo" by Rachael Urrutia Chu 		Shaina Thomas (School Counselor from Vale, NC) <i>"I use this book to help connect students to the fact that all emotions/feelings are okay."</i>
53	"Last Pick" graphic novel series by Jason Walz		(Special Education teacher from Minneapolis, MN) <i>"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."</i>
54	"Eddie Frogbert" by Sue DeGennaro 		Tamsin Walker (ECE teacher from Launceston, Tasmania, Australia) <i>"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."</i>
55	"Sweep" by Louise Greig		Tamsin Walker (ECE teacher from Launceston, Tasmania, Australia) <i>"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."</i>

56	"If Feelings Take Over" by Danielle Nichols 		Anonymous (SLP from San Jose, CA) "I use this book to teach awareness of thoughts and feelings and give a basic introduction to emotional regulation before launching into the Zones curriculum."
57	"Personal Space Camp" by Julia Cook		Constance Mathias (special education teacher from Iowa City, IA) "I use this book to reinforce what Zone our friends might be in based on the Personal Space we give or not give. I take my students through a 2 week "Personal Space Camp" in which they graduate and become "Personal Space Experts!"
58	"Glad Monster, Sad Monster" by Ed Emberley and Anne Miranda 		Anonymous (School Psychologist from Roselle, IL) "I use this book after the initial lesson of introducing the zones. It is a fun reinforcement tool to help kids understand the feelings and which zone they might be in."
59	"Leo the Late Bloomer" by Robert Kraus		Jess Charest (Kindergarten teacher) "I use this book to show how everyone learns new things at different times and that's ok."
60	A Little Spot of Emotion (book set) by Diane Alber 		Paige McHargue (Teacher from Lynnwood, WA) Uses "a book for each different emotion". Can be used when taking a deeper look into specific emotions in each Zone.
61	"Bully Beans" by Julia Cook		Alice (Trainer from Singapore) "Depending on the purpose of reading this book. I read for my 3yo to expose her that it is not on to be a bully and what can she do if she is being bullied. Bobette in this book was a bully in school but yet she is being bullied by her brother at home. This book let the kids relate on the reason a bully being a bully and how they can empathize the bully and let them change over time."
62	"Angry Arthur" by Hiawyn Oram 		Shelley (Nurture/Behavior Specialist from the UK) "It's ok to not know why we're angry but it goes really wrong too."
63	"Breathing Makes It Better" by Christopher Willard and Wendy O'Leary 		Anonymous "I used this book midway through the curriculum to talk about the anchor tool of breath and how it can be used to get from all zones back into the green. It can be used for lots of lessons specific to tools, zones in me, triggers, and probably more. What's nice about the way it's written is that it allows the reader to stop throughout and practice deep breathing."

64	"Freddy Follows" by Melanie Quinn 	Melanie Quinn (Speech/Language Pathologist from Port Lincoln) <i>"This book is helpful for lesson 1, introducing the zones and identifying which zones characters might be in. The main character passively and then actively becomes involved with a group of fish leaving behind a trail of verbal abuse, physical abuse and exclusion on the sea creatures they encounter on the ocean floor. Freddy is never comfortable with this and finds the courage (metacognition tool) to swim out on his own before it is too late. The emotions of the victims of the bullying can be covered for valuable balanced perspective taking."</i>
65	"Adalyn's Clare" by Kari Dunn Buron 	Leah Kuypers (The Zones of Regulation, Minneapolis MN) <i>"As a neurodiverse 4th grade girl who thrives in science, the story follows Adalyn through her ups and downs over her 4th grade school year and summer, allowing readers to experience life and all the feelings that come with it from Adalyn's perspective. The story provides beautiful insight into what school might be like for a learner who has a lot of anxiety and needs individualized supports to help her be successful and feel safe in school. Adalyn's Clare highlights the value of friendship and learning regulation strategies to build confidence and a sense of calm within one self and connection with others. You can easily incorporate numerous Zones lesson concepts into book discussions, such as ID feelings and Zones, triggers, social context/perspective, and regulation tools/strategies."</i>
66	"Ted, the Sea, and Me" by Anna Granger  	Anna Granger (Author and Autism Advisor from the UK) <i>'Ted, the Sea and Me', tells the story of a young girl Tilly and her inflatable turtle, Ted, as they navigate the sea together. Tilly talks about three different 'triggers' for each emotion and shares that she struggles to regulate herself when meeting her 'wild and windy' sea. 'Ted, the Sea and Me', supports the idea that it's okay to be in each zone, because, like the sea, we cannot stop the waves, but we can decide how, or if, we want to ride them.</i> <i>When we encounter some of our more challenging feelings, such as anger and anxiety, we need to ensure that we keep ourselves and others safe. This is why, when Tilly encounters her 'wild and windy' sea, she chooses to sit on the shore for a while and take some deep breaths with Ted. This links very nicely with thinking about 'our tools' in the Zones of Regulation curriculum.</i>
67	"Charlie Changes into a Chicken" by Sam Copeland  	Anna Westaway (Speech and Language Therapist from Sheffield, UK) <i>There are lots of examples of Charlie experiencing different Zones throughout the story - there are chances for children to discuss which Zone he may be in, and some of the tools he begins to use in response to how he is feeling. There are further themes in the story, such as an unwell brother, that give opportunities to discuss some Zones (particularly blue) that don't feature as strongly in the main plot.</i>

68	"How Are You Feeling Today?" by Molly Potter 		Anna Westaway (Speech and Language Therapist from Sheffield, UK) <i>This lovely accessible book contains a range of simple tools that can be used in relation to different feelings. Children can consider in which Zones the feelings might fit, as well as selecting tools that they would like to try - these might fit well into Reproducible BB - Tools for Each of My Zones.</i>
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