Zones of Regulation: Facts vs. Opinions

Different Thoughts







People have different thoughts.







It is ok to have a different



thought from other people.







Its what makes

unique

Facts vs. Opinions

A **fact** is something that can be proven true.



Fact

Facts vs. Opinions

An **opinion** is a feeling or belief about something and cannot be proven true.



Fact or Opinion?





Fact or opinion

Football is a fun sport
Skateboards have four wheels
You play tennis with a bat and
ball

Tennis is very hard lce cream melts
Mint choc chip is the best flavour

The Zones of Regulation were developed by Leah Kuypers MA ED., OTR/L. More information can be found at http://www.zonesofregulation.com/index.html