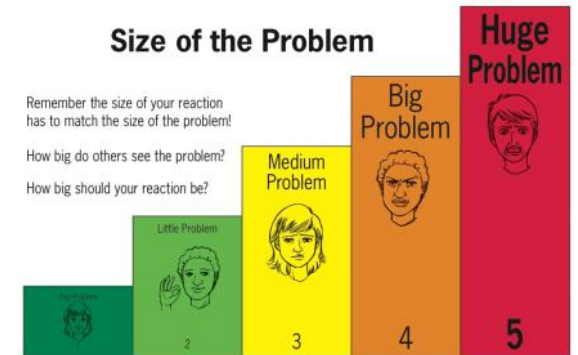


ZONES OF REGULATION

Which Zone are you in?
What tools can you use?

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control



It is OK to feel angry, be worried or scared but we need to find ways to help ourselves manage and regulate those uncomfortable feelings.

Blue Zone

I am running slow.

Sad Tired Bored Sick

I can try these tools:

Take a break Talk to an adult Ask for a hug Listen to music

Green Zone

I am good to go.

Happy Calm Ready Okay

I can do these:

Learn Listen Work hard Expected behaviors

Red Zone

I need to STOP.

Mad Yelling Mean Hands on

I can try these tools:

Deep breaths Size of problem Run Take a break

Yellow Zone

I need to take caution.

Worried Nervous Annoyed Upset

I can try these tools:

Take a break Get a drink Walk Inner coach