

# ZONES OF REGULATION

When I am in the **BLUE ZONE** I feel...



sad tired bored

I am...




moving slowly laying on my desk sick

When I am in the **GREEN ZONE** I feel...



calm focused happy

I am...



doing my work sitting at my seat ready to learn

When I am in the **YELLOW ZONE** I feel...




excited frustrated worried

I am...



silly not working saying no

When I am in the **RED ZONE** I feel...




mad angry afraid

I am...



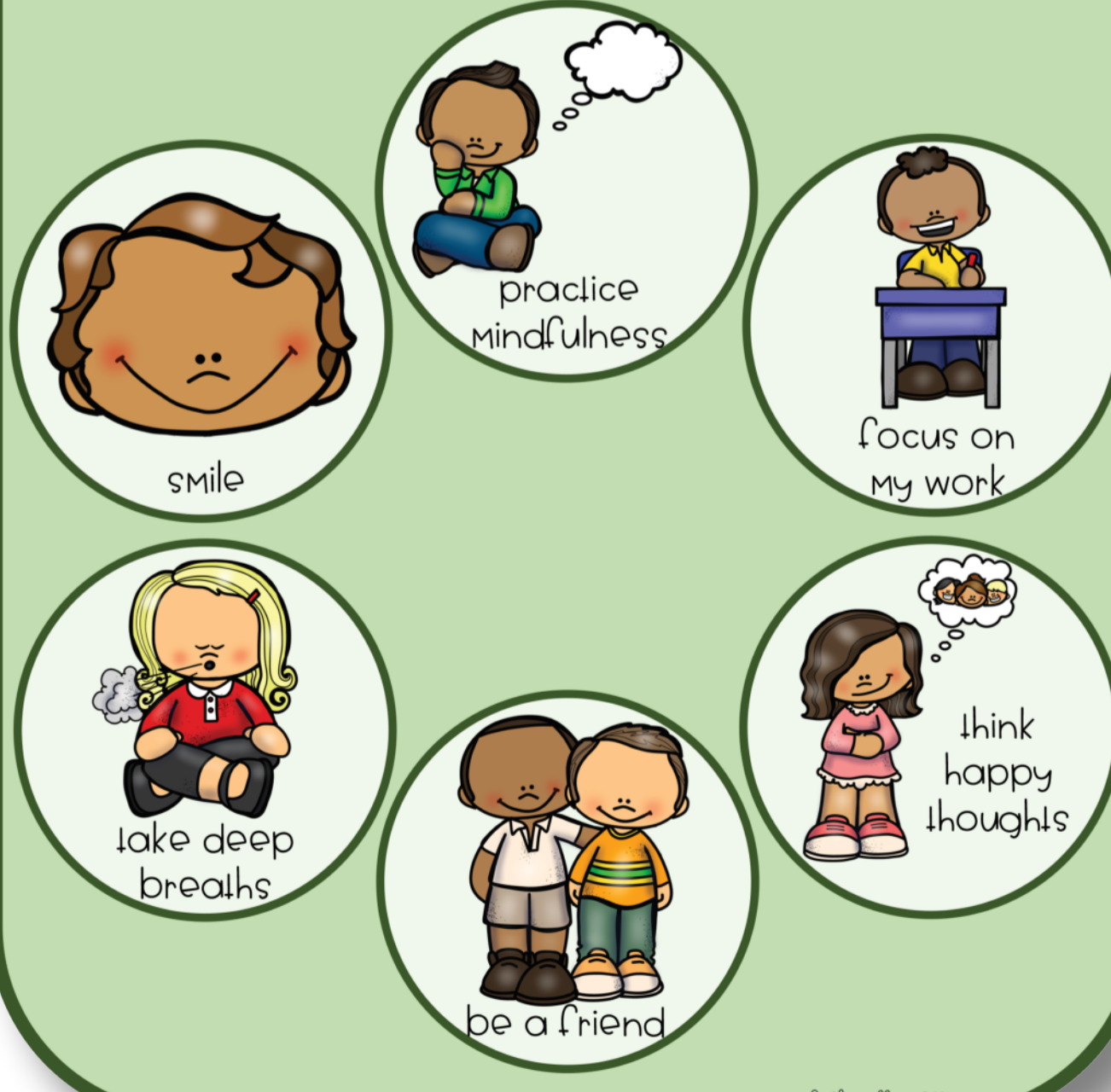
yelling hitting out of control

**BLUE ZONE TOOLBOX**  
To help me get to green, I can...



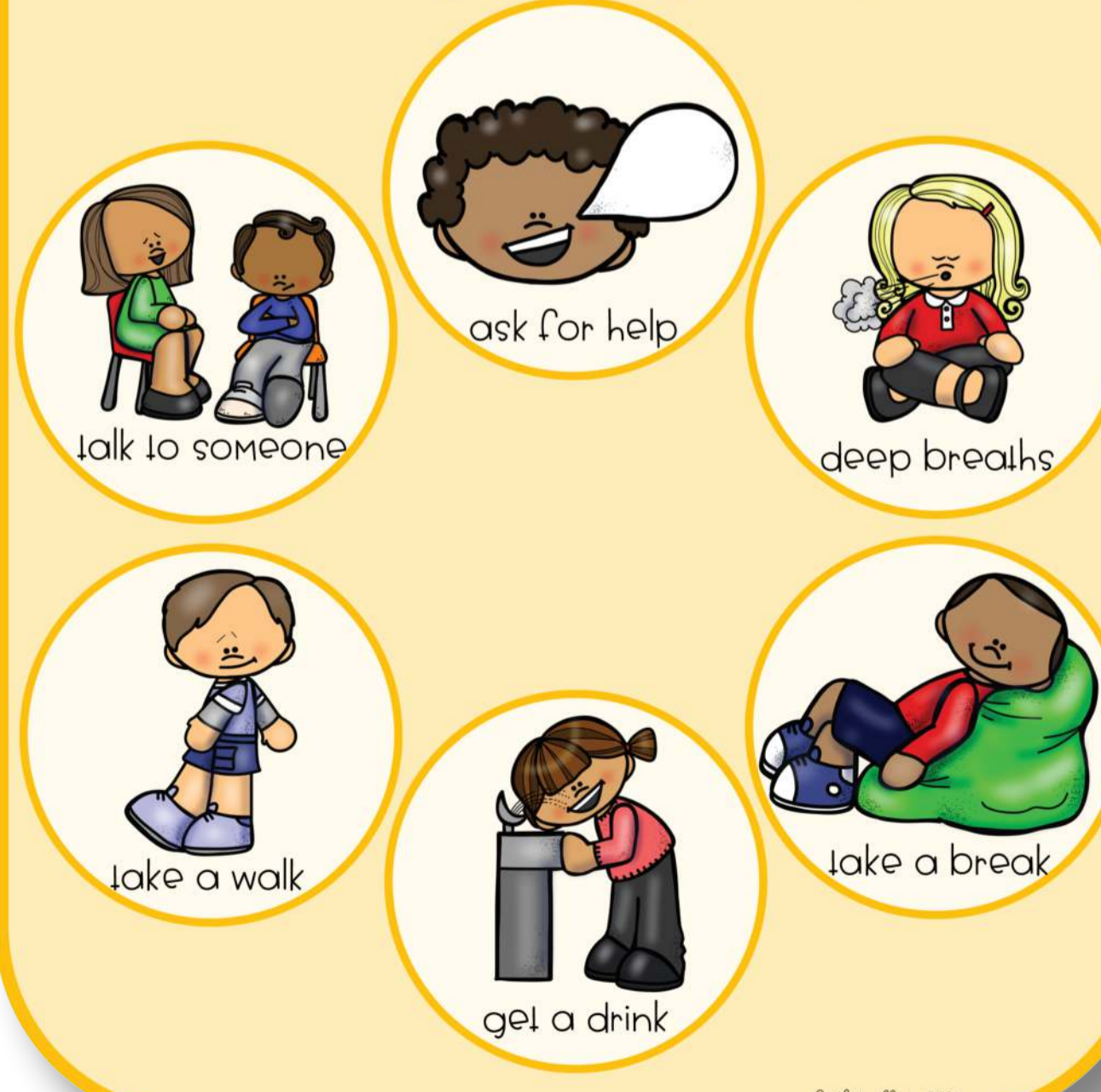
hug think happy thoughts exercise take deep breaths get a drink read a book

**GREEN ZONE TOOLBOX**  
To stay in the green zone, I can...



smile practice mindfulness focus on my work take deep breaths be a friend think happy thoughts

**YELLOW ZONE TOOLBOX**  
To help me get to green, I can...



talk to someone ask for help deep breaths take a walk get a drink take a break

**RED ZONE TOOLBOX**  
To help me get to green, I can...



take deep breaths hug or talk to someone take a break size of the problem count use a stress ball