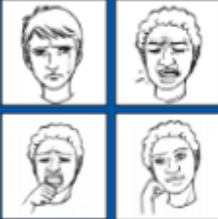





The ZONES of Regulation®

			
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 Terrified Yelling/Hitting Elated Out of Control

"I am in the _____ zone. I am feeling _____."

BLUE ZONE TOOLS:

- Take a break.
- Think happy thoughts.
- Talk about your feelings.
- Ask for a hug.
- Draw a picture.
- Do jumping jacks or exercise.
- Listen to music.

GREEN ZONE TOOLS:

- Do a chore or task.
- Listen to what is being said.
- Think happy thoughts.
- Help others.
- Read a book or do homework.

YELLOW ZONE TOOLS:

- Take a break.
- Talk to an adult.
- Squeeze a stress ball.
- Go for a walk.
- Take three deep breaths.
- Do jumping jacks or exercise.
- Do wall pushups.
- Swing.
- Listen to music.

RED ZONE TOOLS:

- Take a break.
- Squeeze my stress ball.
- Take three deep breathes.
- Count to ten.
- Talk about my problems.
- Do jumping jacks or exercise.
- Do wall pushups.
- Swing
- Listen to music.