

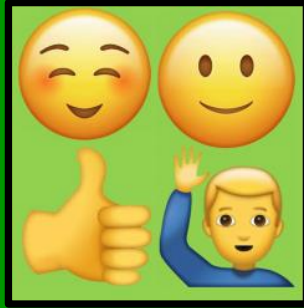
ZONES OF REGULATION

BLUE ZONE



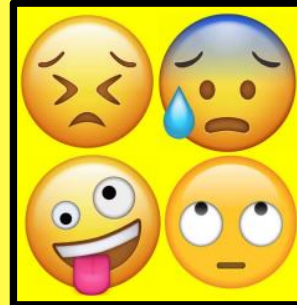
tired, sad, sick,
moving slowly,
disappointed,
lonely

GREEN ZONE



happy, calm,
focused, content,
read proud,
excited, relaxed,
feeling settled

YELLOW ZONE



frustrated,
worried,
overexcited, loss of
some control,
anxious, confused,
stressed,
distracted

RED ZONE



angry, annoyed,
jealous,
terrified,
yelling/hitting,
elated, out of
control

Use the calming
corner
Take 5 jumping jacks
Lion's Breath
Continue using my
toolbox

Be a leader
Help others
Be a positive role model
Help a teacher
Continue using my
toolbox

Roller coaster breaths
C-A-L-M
Rock Pose
Tell someone about my
concerns

Lion's Breath
Rock Pose
Use the calming
corner
Get a drink
Take a walk