ZONES OF REGULATION

BLUE ZONE
- tired, sad, sick, moving slowly, disappointed, lonely
- Use the calming corner
- Take 5 jumping jacks
- Lion's Breath
- Continue using my toolbox

GREEN ZONE
- happy, calm, focused, content, read proud, excited, relaxed, feeling settled
- Be a leader
- Help others
- Be a positive role model
- Help a teacher
- Continue using my toolbox

YELLOW ZONE
- frustrated, worried, overexcited, loss of some control, anxious, confused, stressed, distracted
- Roller coaster breaths
- C-A-L-M
- Rock Pose
- Tell someone about my concerns

RED ZONE
- angry, annoyed, jealous, terrified, yelling/hitting, elated, out of control
- Lion's Breath
- Rock Pose
- Use the calming corner
- Get a drink
- Take a walk