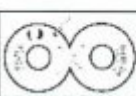


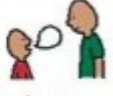



BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	
 sad	 sick	 happy	 calm	 frustrated	 worried	 angry	 terrified
 tired	 slow	 ready to learn	 feeling okay	 silly/wiggly	 annoyed	 yelling/hitting	 out of control

MY TOOLBOX

 lazy 8	 read a book	 squeeze	 go for a walk	 get a drink
 draw	 play	 take a break	 talk to an adult	 count to ten

Use tools to get in the green zone

drink of water



count



deep breaths



squeeze and release



wall push ups



use fidgets



draw



write this



talk with adults



take a break



self talk



take a walk



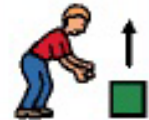
stretch



volcano breath



lift something heavy



ask for a snack



think of a calm place



listen to music



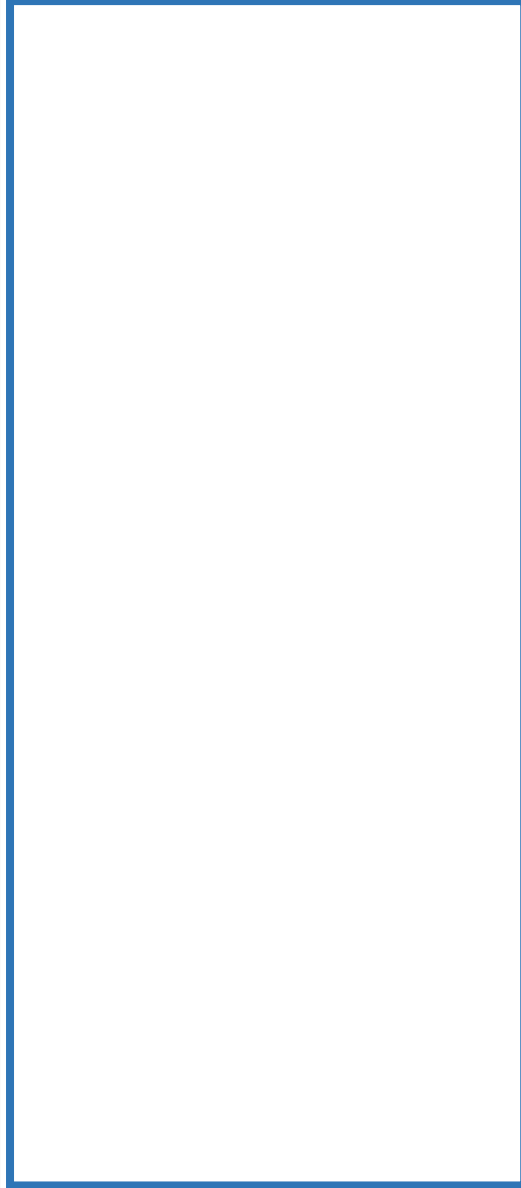
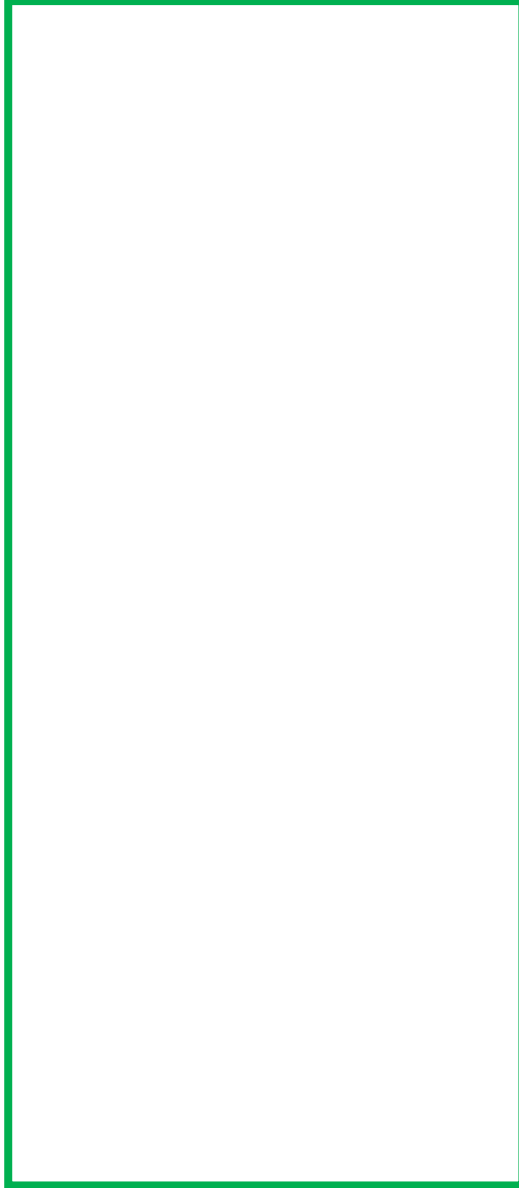
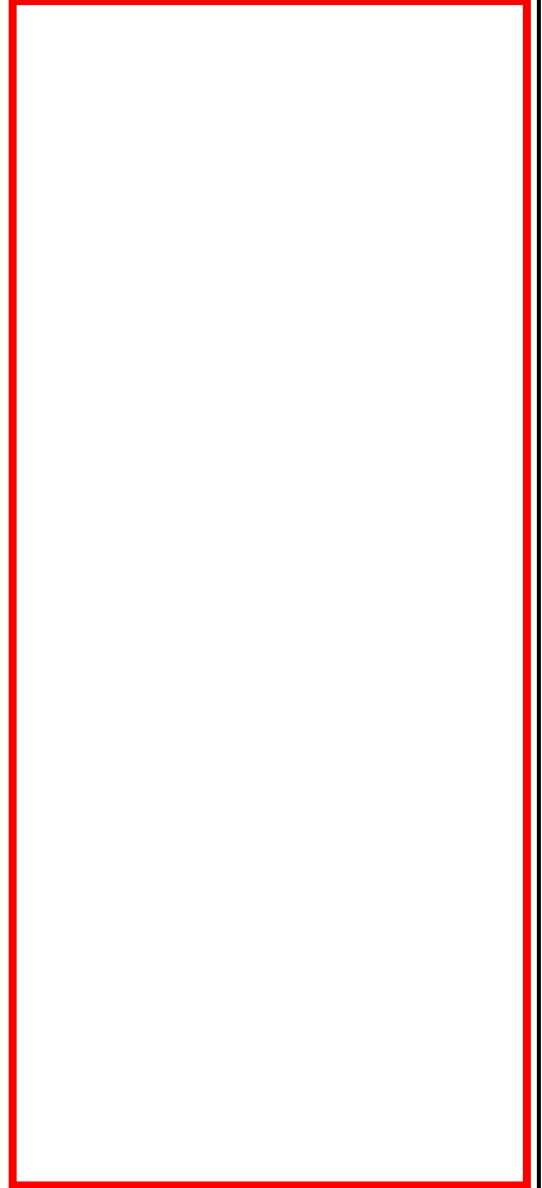
My Zones Toolbox

Blue Zone Tools

Green Zone Tools

Yellow Zone Tools

Red Zone Tools

A large, empty rectangular box with a blue border, intended for listing tools for the Blue Zone.A large, empty rectangular box with a green border, intended for listing tools for the Green Zone.A large, empty rectangular box with a yellow border, intended for listing tools for the Yellow Zone.A large, empty rectangular box with a red border, intended for listing tools for the Red Zone.

Zones of Regulation check-in

