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

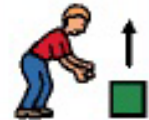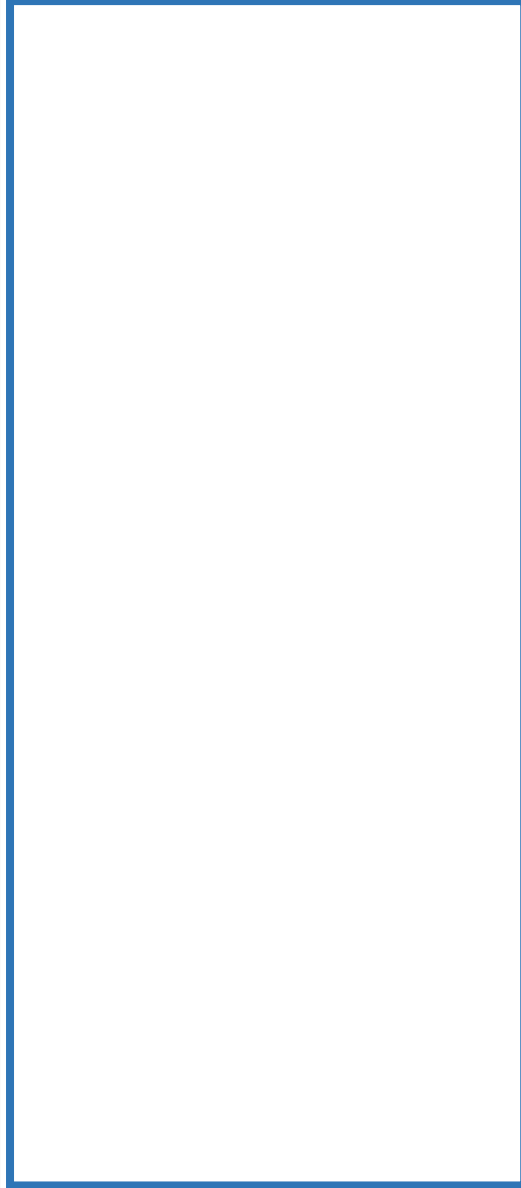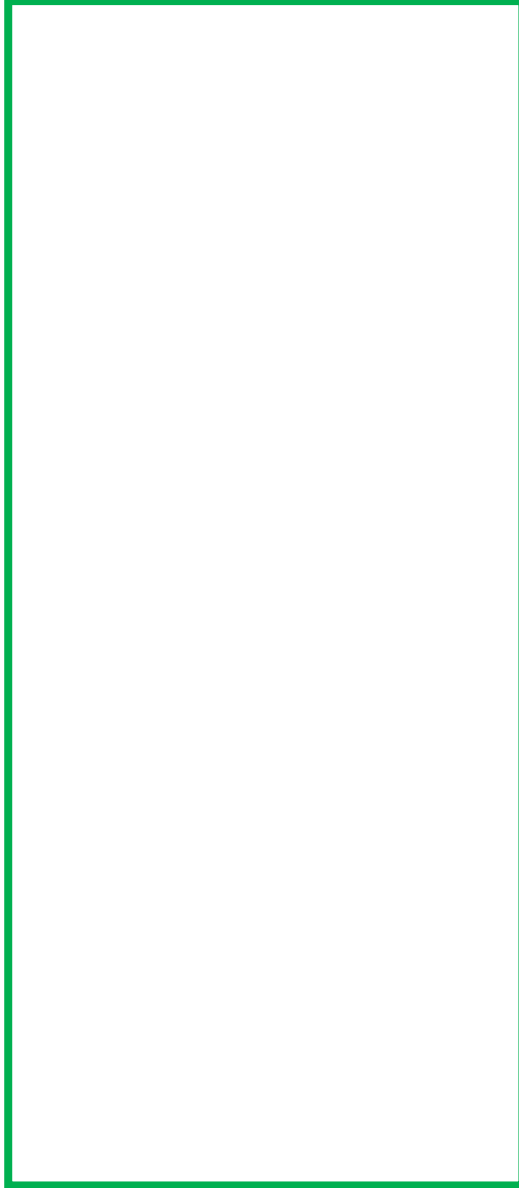|								
drink of water	count	deep breaths	squeeze and release	wall push ups	use fidgets	draw	write this	talk with adults
take a break	self talk	take a walk	stretch	volcano breath	lift something heavy	ask for a snack	think of a calm place	listen to music

My Zones Toolbox

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools

Zones of Regulation check-in