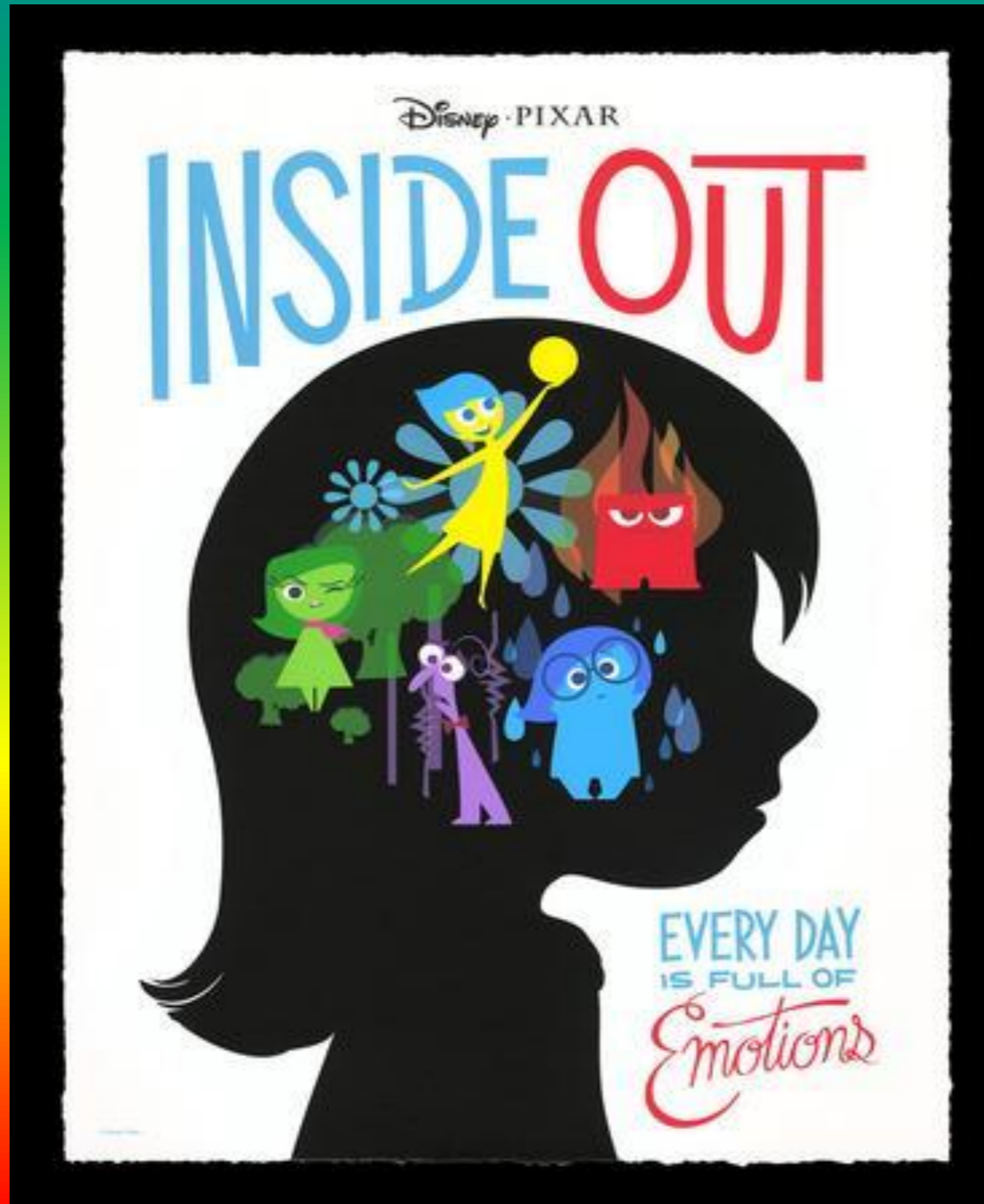


Zones of Regulation



Blue Zone

MOVING SLOWLY



Sick

SAD

Tired

Bored

Green Zone

Ready to Learn



Calm

HAPPY

FOCUSED

Feeling Okay

Yellow Zone

Loss of some control



Silly

Excited

Frustrated

WORRIED

RED ZONE

Out of Control



Yelling

Refusing to Work

Hands On

MAD/ANGRY

What does the
Blue Zone
feel like?

Blue Zone

MOVING SLOWLY



Sick

SAD

Tired

Bored

What are some strategies you could use to get back to the **LEARNING**?

- Go for a walk
- Jump to get some energy
- Tell a joke
- Run laps
- Talk to an adult
- Listen to upbeat music
- Do jumping jacks
- Do calm breathing
- Read a book
- Eat a snack
- Take a nap
- Talk out the problem
- Give a hug to someone
- Get some fresh air
- Doodle
- Stretch
- Bounce a ball

Green Zone

Ready to Learn

Calm

Happy

FOCUSSED

Feeling Okay



What does the
Green Zone
feel like?

What are some strategies you can use to STAY in the GREEN ZONE

- Participate
- Remember your strengths
- Positive self-talk
- Talk to an adult about why you are feeling great
- Show expected behaviors
- Be Grateful
- Be ready to learn
- Work hard
- Be curious
- Listen to the teacher and classmates
- Listen to music

What does the
Yellow Zone
feel like?

Yellow Zone

Loss of some control



Frustrated

Silly

Excited

WORRIED

What are some strategies you could use to get back to **LEARNING**?

- Jump
- Bounce
- Run
- Jumping jacks
- Listen to calm music
- Go for a walk
- Deep breaths
- Animal walks
- Carry or push heavy objects
- Take a break
- Play with a fidget
- Inner coach

What does the
Red Zone
feel like?

RED ZONE

Out of Control

Yelling



Refusing to Work

Hands On

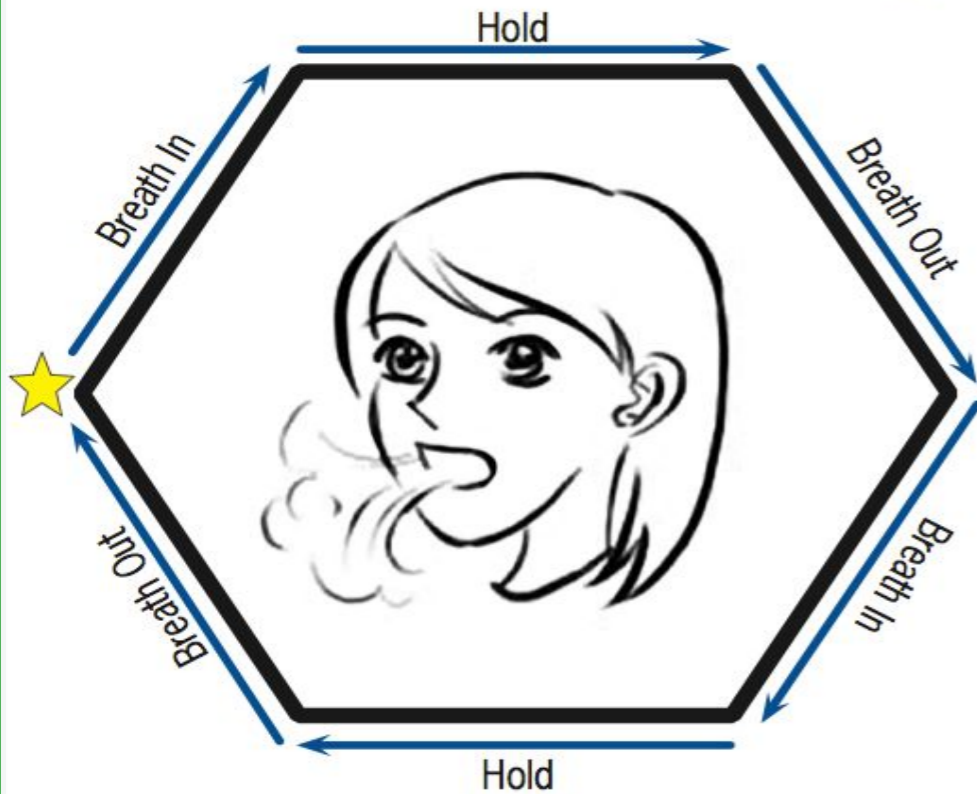
MAD/ANGRY

What are some strategies you could use to get back to **LEARNING**?

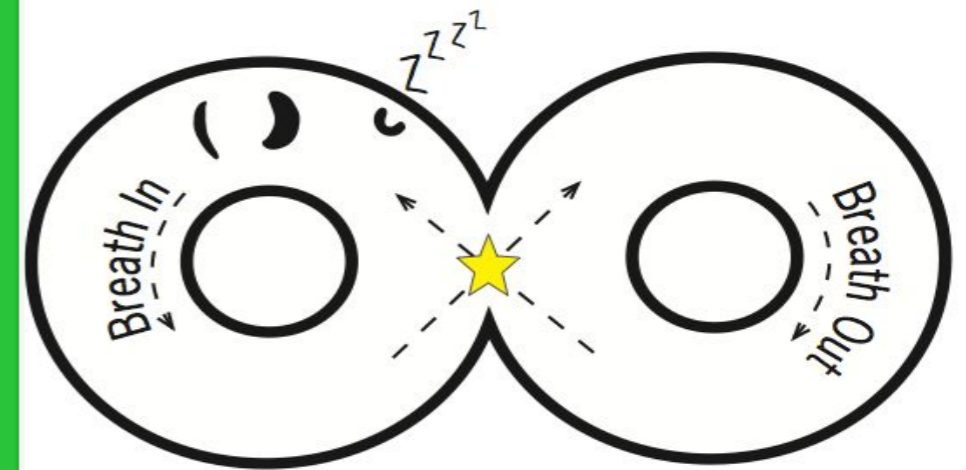
- Jump
- Bounce
- Run
- Jumping Jacks
- Listen to music
- Go for a walk
- Deep breathing
- Move heavy objects
- Take a break
- Read a book
- Drink of water
- Snack
- Take some space
- Ask for help
- Use a calm down tool
- Squeeze an object

HERE ARE GOOD BREATHING STRATEGIES TO TRY!

The Six Sides of **Breathing**



Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

CALM DOWN WITH TAKE 5 BREATHING

