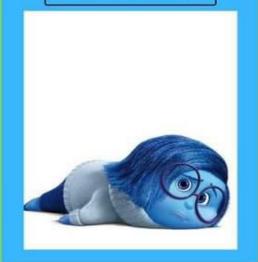
## **Green Zone**



## **Blue Zone**



## Yellow Zone



## **Red Zone**



If I am in the GREEN zone, I am:

HAPPY

CALM

FOCUSED

READY TO LEARN

CONFIDENT

If I am in the BLUE zone, I am:

SAD

SICK

UPSET

GUILTY

TIRED HURT

LONELY

If I am in the YELLOW zone, I am:

WORRIED

ANXIOUS/ NERVOUS

SCARED

SILLY/WIGGLY

LOSING SOME CONTROL

If I am in the RED zone, I am:

ANGRY/MAD

IRRITATED

YELLING

HITTING

OUT OF CONTROL

If I am in the GREEN zone, I can:

LISTEN

LEARN

PLAY OUTSIDE

STAY IN THE GREEN ZONE!

If I am in the BLUE zone, I can:

ASK FOR A HUG TAKE A REST BREAK TALK TO MOM OR DAD DRINK WATER

DRAW

PLAY OUTSIDE

If I am in the YELLOW zone, I can:

TAKE A REST BREAK
TALK TO MOM OR DAD

TAKE SLOW DEEP BREATHS
DRAW A PICTURE OF THE PROBLEM

PLAY OUTSIDE

USE A FIDGET

If I am in the RED zone, I can:

TAKE A REST BREAK
TAKE SLOW DEEP BREATHS

DO A PUZZLE SORT BEANS OR COINS

LISTEN TO MUSIC

Chelsey Iglesia, OTDS