

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