



When I am in the
green zone

calm



ready to
talk

When I am in the
blue zone

I am a
little
down
today



I can
take a
break

When I am in the
yellow zone

fidgety



I can use my
tools to get
back into
the green
zone again

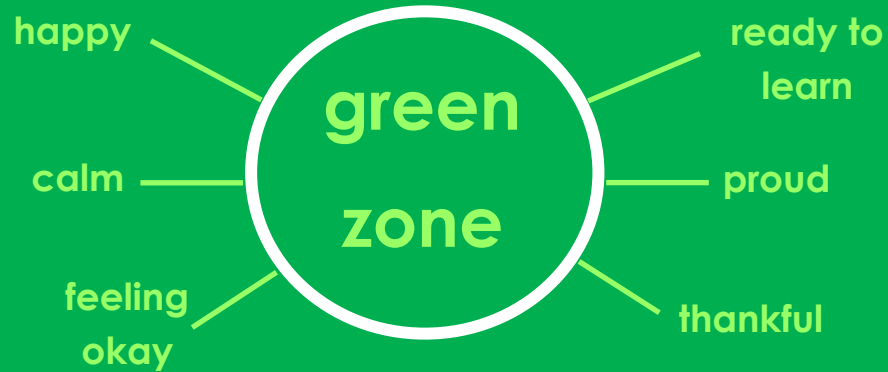
When I am in the
red zone

danger
zone



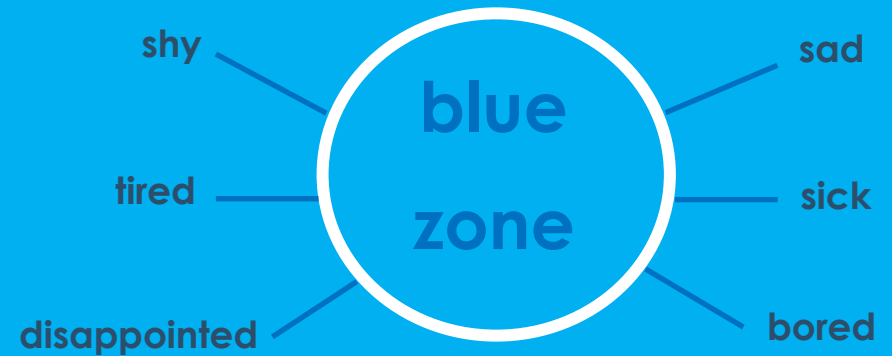
avoid at
all costs!

When I am in the



my body feels...

When I am in the



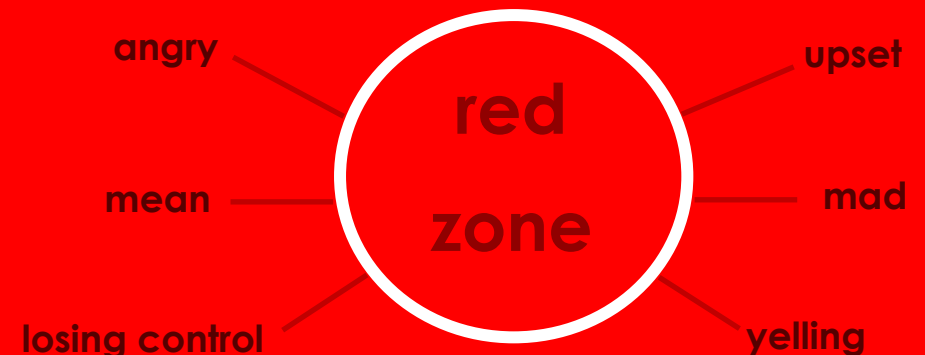
my body feels...

When I am in the



my body feels...

When I am in the



my body feels...



When I am in the
blue zone I can try these tools:



Listen to
music



Ask for a
hug



Take a
break

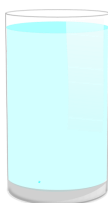


Talk to an
adult

When I am in the
yellow zone I can try these
tools:



Take a
break



Get a
drink



Go for a
walk



Mindful
breathing

When I am in the
red zone I can try these tools:



Count



Deep
breath



Go for a
run



Take a
break