



Blue Zone

I feel...

sad

sick

tired

bored

I am moving slowly

Blue Zone Tools



Ask for help



Ask for a hug



Take deep breaths



Talk to someone



Green Zone

I feel...

happy

calm

focused

relaxed

I am ready to learn

Green Zone Tools



I can play



I can try new things



I can learn



I can help my friends



Yellow Zone

I feel...
frustrated
worried
silly
excited

I 'm losing control

Yellow Zone Tools



Count to 10 & breathe



Draw it or write it



Squeeze or poke something



Go to a safe place



Red Zone

I feel...

angry

mean

terrified

like hitting

I 'm out of control

Red Zone Tools



Be safe



Ask for help



Stop what I am doing



Walk away