ZONES OF REGULATION TOOLBOX

I'm in the...

BLUE ZONE (bored, sad)	GREEN ZONE	YELLOW ZONE (wiggly, anxious)	RED ZONE (angry, upset)
• Positive thinking (inner coach – "You can do this!") • Drink water • Stretches • Star jumps • Run • Eat something	• I feel: • Happy • Focused • Calm • Ready to learn calm	• Positive thinking (inner coach – you can do this) • Talk to an adult • Think about the size of the problem – is it really that big? • Distract yourself – hand books out, deliver a message • Deep belly breaths • Sit and count to 10/other breathing activities • Standing push up against a wall	• Deep belly breaths • Find a space to calm down • Talk to a trusted adult • Lazy 8 breathing – draw figure of 8 on palm: breath in on the circle, out as you cross over the midline). • Squeeze fists/sensory toy