



ZONES OF REGULATION

Green Zone

Proud

Positive

Excited

Focused

Happy



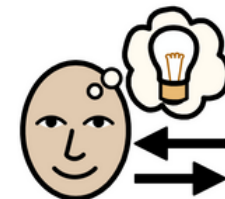
What can I do?



Help others



Happy thoughts



Share ideas

Blue Zone

Sad

Tired

Sick

Hurt

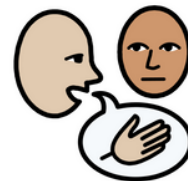
Tearful



What can I do?



Take a break



Ask of help



Move

Yellow Zone

Worried

Wiggly

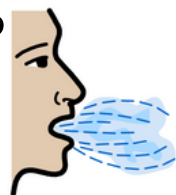
Nervous

Overwhelmed

Confused



What can I do?



Deep breaths



1 2 3

Count to 10



Talk to someone

Red Zone

Angry

Frustrated

Out of control

Panicked

Terrified



What can I do?



Take a break



Safe Space



Squeeze