





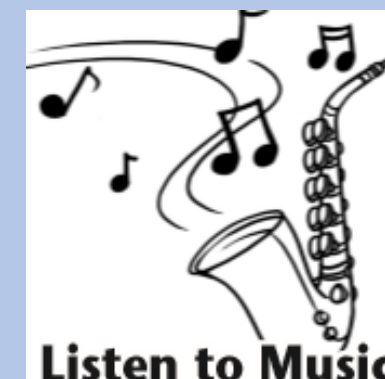
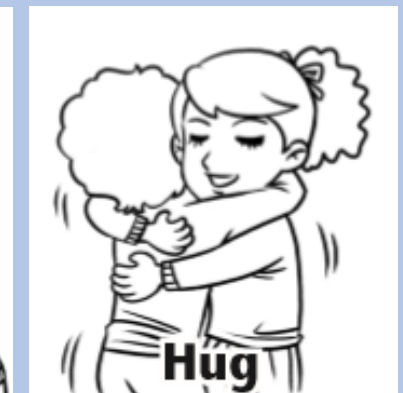
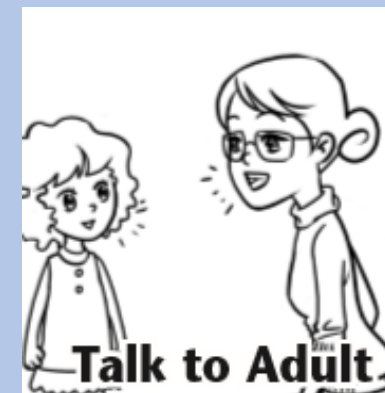
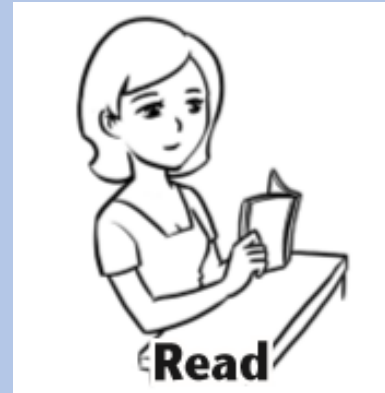
The **ZONES** of Regulation[®]

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

Blue Zone emotions

- Hurt
- Sad
- Depressed
- Tired
- Sick
- Shy
- Exhausted
- Bored
- Down

Tools to get back to GREEN



Yellow Zone emotions

- Excited
- Frustrated
- Nervous
- Anxious/Worried
- Silly
- Annoyed
- Overwhelmed
- Scared
- Jealous
- Upset
- Uncomfortable
- Confused
- Embarrassed
- Grouchy

Tools to get back to GREEN



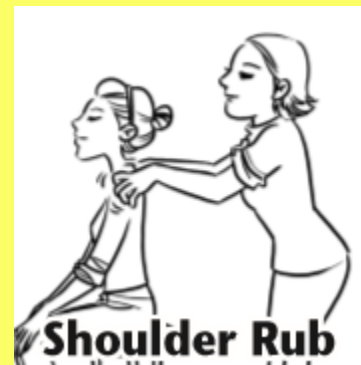
Squishes



Listen to Music



Jumping Jacks



Shoulder Rub



**Lazy 8
Breathing**

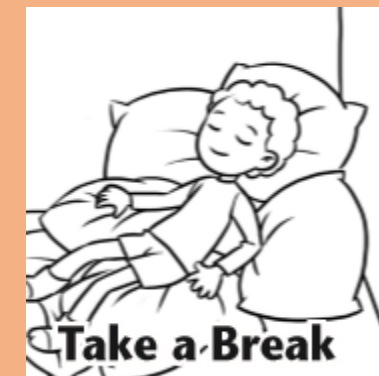
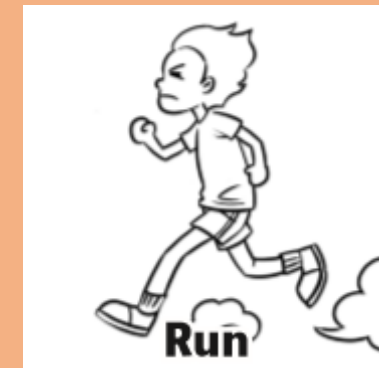


Fidget Ball

























Red Zone emotions

- Mean
- Mad
- Aggressive
- Angry
- Elated
- Out of control
- Terrified
- Yelling

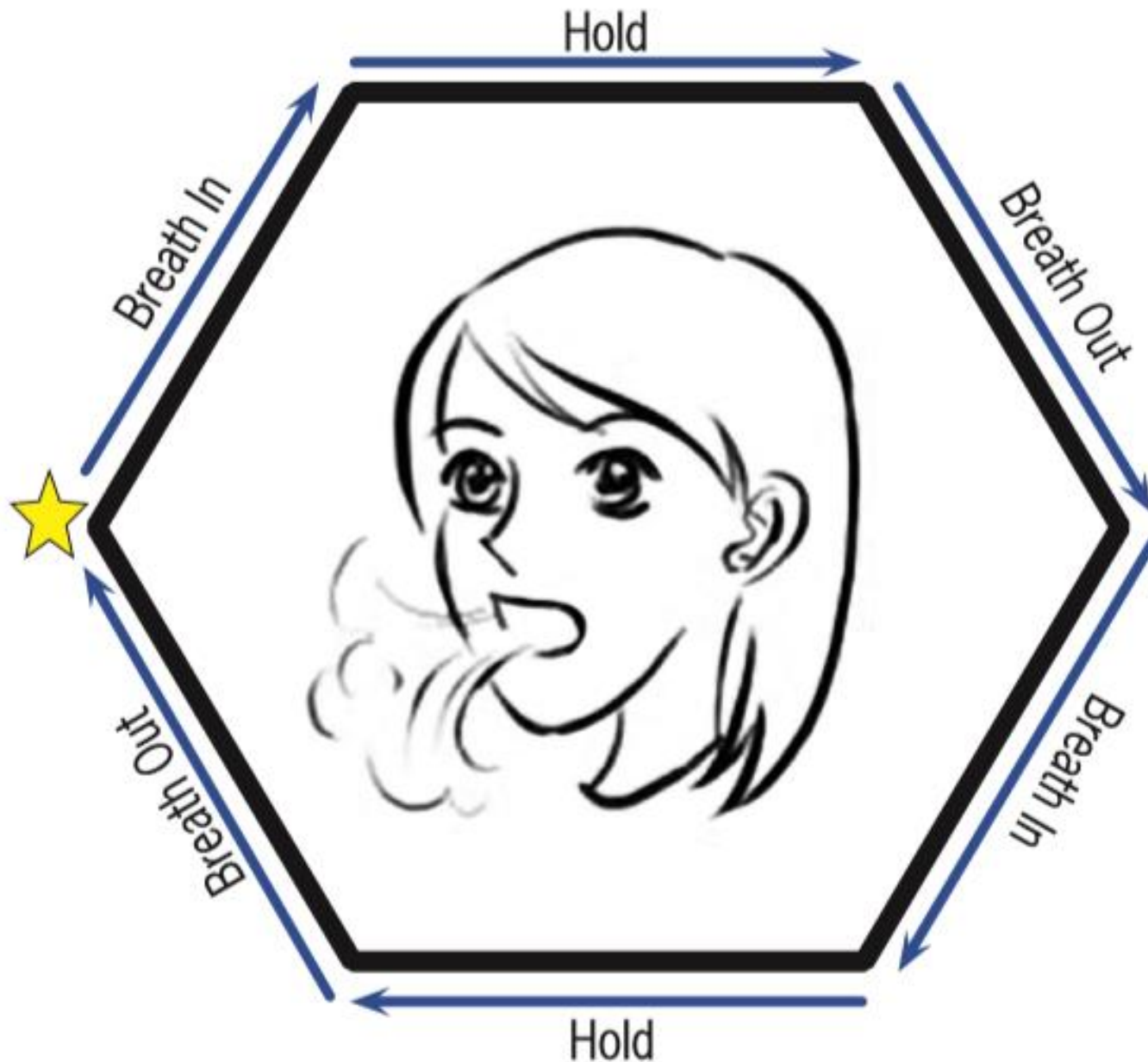
Tools to get back to GREEN



ZONES Tools Menu

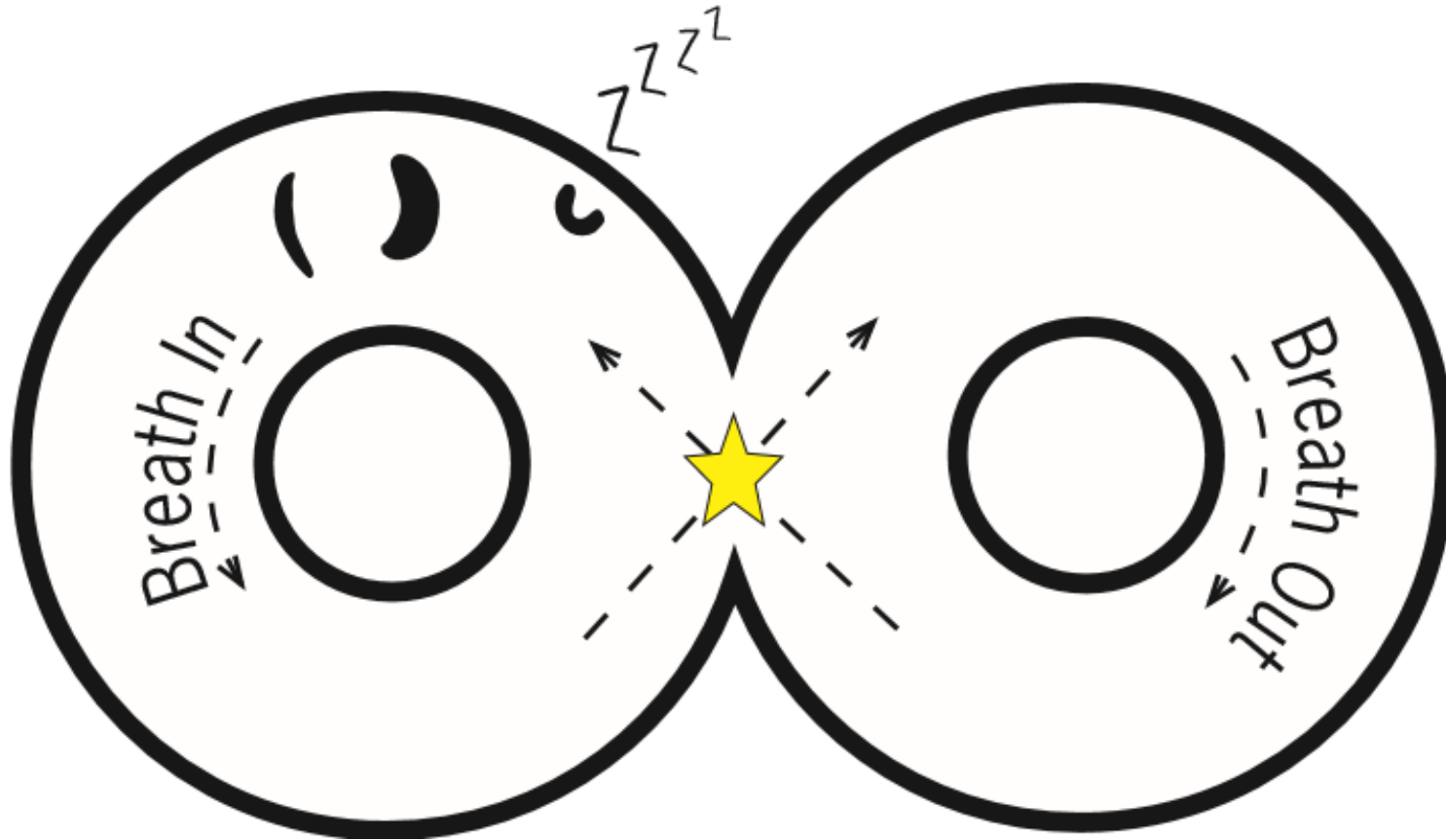
 <p>Carry</p>	 <p>Read</p>	 <p>Jump</p>	 <p>Listen to Music</p>	 <p>Squishes</p>	 <p>Walk</p>
 <p>Bounce</p>	 <p>Run</p>	 <p>Push</p>	 <p>Jumping Jacks</p>	 <p>Shoulder Rub</p>	 <p>Belly Breath</p>
 <p>Tickle</p>	 <p>Pull</p>	 <p>Swing</p>	 <p>Inner Coach</p>	 <p>Take a Break</p>	 <p>Lazy 8 Breathing</p>
 <p>Talk to Adult</p>	 <p>Hug</p>	 <p>Animal Walks</p>	 <p>Fidget Ball</p>	 <p>Size of Problem</p>	 <p>Six Sides of Breathing</p>

The Six Sides of **Breathing**



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue the Six Sides of Breathing cycle until you feel calm and relaxed.

Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in. As you cross over to the other side of the Lazy 8, slowly let your breath out. Continue breathing around the Lazy 8 until you have a calm body and mind.

Draw a picture of yourself in each of the ZONES to show how you might be feeling.



How can other people help you when you are in each zone?

To help me get back to green you could...

To help me stay in green you could...

To help me get back to green you could...

To help me get back to green you could...