

## How I feel...

### Blue Zone

Sad  
Bored  
Shy  
Tired  
Slow



### Green Zone

Relaxed  
Happy  
Focused  
Calm  
Ready to learn  
Proud



### Yellow Zone

Scared  
Worried  
Frustrated  
Silly  
Grouchy  
Annoyed  
About to lose control



### Red Zone

Out of control  
Angry  
Yelling  
Aggressive  
Mad



## What I can do....

### Blue Zone

Stretch  
Take a walk  
Get a drink of water  
Ask for a hug  
Tell someone how I feel  
Think happy thoughts

### Green Zone

I am doing well  
I can play and learn  
I can help others  
I can follow the rules

### Yellow Zone

Count to 10 or 20  
Take deep breaths  
Think of a safe place  
Use a fidget  
Tense/Relax muscles  
Write/draw how I feel  
Squeeze something

### Red Zone

Ask for a break  
Take deep breaths  
Talk to an adult  
Take a walk  
Count to 10 or 20