



What Zone Are You In?

Blue

Green

Yellow

Red



Sick
Sad
Tired
Bored
Moving Slowly

Happy
Calm
Feeling okay
Focused
Ready to Learn

Worried
Nervous
Silly/Wiggly
Excited
Loss of Some Control

Mad/Angry
Mean
Yelling/Hitting
Disgusted
Out of Control

What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

What might help you?

The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

What might help you?

Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help