


# What Zone Are You In?

			
<p><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused Relaxed</p>	<p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control</p>
<p><b>What might help you?</b></p>	<p><b>What might help you?</b></p>	<p><b>What might help you?</b></p>	<p><b>What might help you?</b></p>
<p>Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes</p>	<p>The goal of this exercise is get to the GREEN zone</p> <p>What can you do to be happy, calm and ready to learn?</p>	<p>Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break</p>	<p>Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe place Ask for help</p>

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