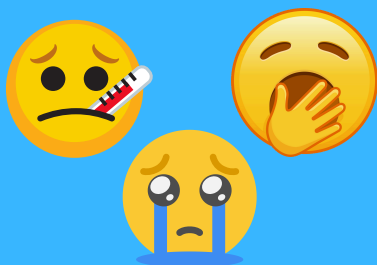


ZONES OF REGULATION

BLUE

I have low levels of energy. I feel:

- Sick
- Tired
- Hurt
- Bored
- Exhausted
- Sad



I can...

- Talk to an adult, ask for help
- Go outside, run, jump, stretch
- Smile, think positive thoughts
- Nap

GREEN

I have calm energy. I feel:

- Calm
- Happy
- Proud
- Focused
- Relaxed
- Ready to learn



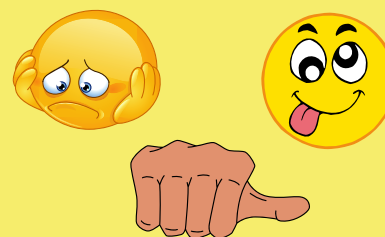
I can...

- Continue what I am doing
- Play with my friends
- Listen and learn
- Try something new

YELLOW

I have higher energy. I feel:

- Frustrated
- Upset
- Silly
- Excited
- Annoyed
- Loss of some control



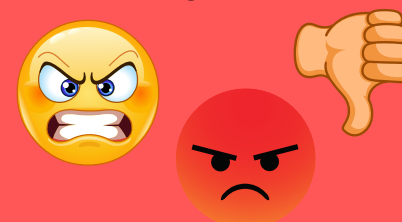
I can...

- Take a deep breath
- Take a movement break
- Use a calming strategy

RED

I have extremely high energy. I feel:

- Overjoyed
- Angry
- Terrified
- Out of control
- I want to yell
- My heart is racing



I can...

- Stop what I am doing
- Find a safe space
- Get help from an adult
- Use a calming strategy **when I am ready**