

ZONES OF REGULATION

sad

tired

ill

bored

calm

happy

ready to work

confident

afraid

active

silly

anxious

angry

hitting

shout

frustrated

THESE THINGS CAN HELP ME GET INTO THE GREEN ZONE

Go for a walk

Bounce on ball

Roll in a blanket

Take deep breath

Balance like a tree

Computer or an Ipad

Count to ten

Have a drink

Talk to an adult

Sit quietly

Quiet activity

stretch

A hug or a squeeze

Eat a snack

Push the wall

Something