

# Zones of Regulation

## Red Zone: I am Out of Control

I feel..



Frustrated



Heartbroken



I will try to..



Stop



Use a safe space



Breathe



Be Alone

## Yellow Zone: I am Losing Control

I feel..



Worried



Nervous



Silly

I can try to..



Move



Ask for help



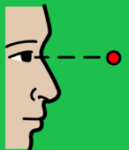
Count to 10



Fidget Toys

## Green Zone: I am Ready to Go

I feel..



Focussed



Learning



I can try to..



Help a Friend



Play



Read



Drink Water

I feel..



Tired

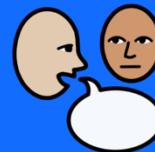


Sick



Bored

I can try to..



Talk



Walk



Hug



Move

## Blue Zone: I am Moving Slowly