

What zone am I in?



sad 	tired
sick 	bored

calm 	ready to learn
happy 	okay

silly or wiggly 	frustrated
hyper 	upset

mad 	angry
yelling 	hitting

Use tools to get in the green zone.

drink water

count to 10

take deep breaths

tense and release

do wall push ups

use fidgets

draw

write

talk to an adult

ask to take a break

self talk

ask to take a walk

volcano breaths

do stretches

listen to music

lift something heavy

ask to eat a snack

think calm place