

Blue Zone Tools

- Look out window
- Read in the quiet area
- Drink Water
- Rest in the quiet area
- Ask for a hug
- Talk about your feelings



Green Zone Tools

- "Earn time" break
- Board Game
- Help Others
- Have lunch with my friends



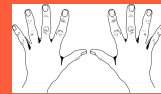
Yellow Zone Tools

- Take a break
- Walk around the school
- Rest in a quiet area
- Take 3 deep breaths
- Talk to the teacher



Red Zone Tools

- Take a break
- Take 3 deep breaths
- Count to ten
- Talk about my problem
- Rest in the quiet area



Green Zone

Ready to Learn

HAPPY

Feeling Okay



Calm

FOCUSED

Blue Zone

MOVING SLOWLY

Tired



Sick

SAD

Bored

Red Zone

Out of Control

Elated



Terrified

Yelling/Hitting

Mad/Angry

Yellow Zone

Loss of some control

Frustrated



Silly

Excited

WORRIED