

ZONES OF REGULATION



BLUE ZONE

Low State of Alertness



GREEN ZONE

Ideal State of Alertness



YELLOW ZONE

Heightened State of Alertness



RED ZONE

Extremely Heightened
State of Alertness



What zone am I in?



sad 	tired
sick 	bored

calm 	I'm ready to work
happy 	I'm okay

silly or wiggly 	upset
hyper 	confused

frustrated 	mad
yelling 	hitting

Use tools to get in the green zone

drink of water 	count 	deep breaths 	squeeze and release 	wall push ups 	use fidgets 	draw 	write this 	talk with adults
take a break 	self talk 	take a walk 	stretch 	volcano breath 	lift something heavy 	ask for a snack 	think of a calm place 	listen to music

