

The ZONES of Regulation® Reproducible Z * Here are a few ideas for a person's (child's) toolbox. These strategies can be used to move from a blue, yellow, or red zone to a green Zone.

_____ 's Toolbox			
Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
<u>Talk to someone</u>	<u>eye contact</u>	<u>deep breaths</u>	<u>deep breaths</u>
<u>Play with a friend</u>	<u>Good body language</u>	<u>Positive Self-talk</u>	<u>apologize</u>
<u>Go outside/Run</u>	<u>Sit up/sit still</u>	<u>Ask for help</u>	<u>Quietly stomp feet</u>
<u>Smile/Think happy</u>	<u>Good attitude</u>	<u>do your best</u>	<u>hug or talk to</u>
<u>deep breaths</u>	<u>Good listener</u>	<u>Jump Around</u>	<u>Someone</u>
<u>Take a nap</u>	<u>focused</u>	<u>Take a nap</u>	<u>Count to 10 slowly</u>
<u>Stretch/stand up</u>	<u>feeling okay</u>	<u>Think positive</u>	<u>color/run</u>
<u>Jump/Ask for help</u>	<u>Paying Attention</u>	<u>Calm down</u>	<u>Do something else</u>