









Zones of Regulations – What to do when I am in the.....zone

### Blue Zone

I am running slow.

 Sad	 Tired	 Bored	 Sick
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I can try these tools:

 Take a break	 Talk to an adult	 Ask for a hug	 Listen to music
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### Green Zone

I am good to go.

 Happy	 Calm	 Ready	 Okay
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I can do these:

 Learn	 Listen	 Work hard	 Expected behaviors
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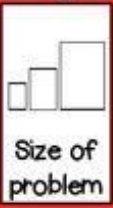


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### Red Zone

I need to STOP.

 Mad	 Yelling	 Mean	 Hands on
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I can try these tools:

 Deep breaths	 Size of problem	 Run	 Take a break
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### Yellow Zone

I need to take caution.

 Worried	 Nervous	 Annoyed	 Upset
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I can try these tools:

 Take a break	 Get a drink	 Walk	 Inner coach
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