

BLUE ZONE



I AM:

- Sad
- Upset
- Tired
- Lonely
- Sick

I CAN:

- Ask for a chat
- Take a time out
- Talk to someone I trust
- Take a drink of water
- Draw and doodle



When you're in the blue zone, your body is running slow, such as when you are tired, sick, sad or bored.



GREEN ZONE



I AM:

- Happy
- Calm
- Focused
- Confident
- Ready to Learn

I CAN:

- Listen
- Learn
- Achieve

Green Zone



Calm



Happy



Proud



Focused

The Green Zone, like a green light, is when you are “good to go.” If you are in the Green Zone, you may feel happy, calm, and focused.



YELLOW ZONE



I AM:

- Worried/Anxious
- Scared
- Nervous
- Wiggly
- Losing some control

I CAN:

- Talk to someone I trust
- Fidget with something
- Draw a picture of the problem
- Take slow, deep breaths
- Take a time out

Yellow Zone



Silly



Frustrated



Excited



Worried

The yellow zone describes when you start to lose control, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious or surprised. It is a good idea to use caution when you are in the yellow zone.



RED ZONE



I AM:

- Angry
- Mad
- Irritated
- Shouting
- Not in control

I CAN:

- Listen to some music
- Take a time out
- Draw or write
- Use a computer

Red Zone



Panicked



overjoyed/Elated



Terrified



Angry

The red zone is reserved for extreme emotions like terror, uncontrolled anger, and aggression. When you are in the Red Zone, you are out of control, have trouble making good decisions, and must **STOP** to regulate.

