

Zones of Regulation

Yellow Zone



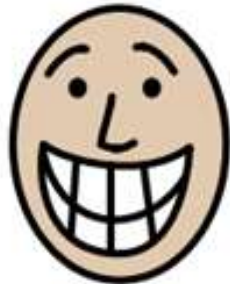
frustrated



worried



silly



excited



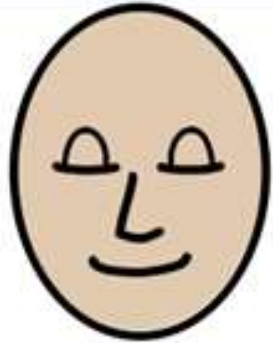
If I am in the **yellow** ZONE, tools I can
use to get me to the **green** ZONE are...

Take some deep
breaths
Ask for Help
Use the Calm Space
Talk it out

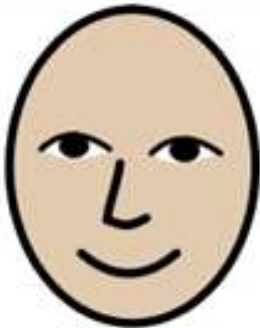
Green Zone



happy



calm



ok



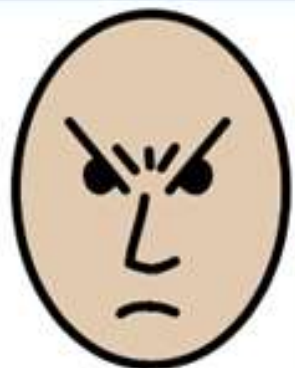
focused



If I am in the **green** ZONE, tools I can
use to get me to the **green** ZONE are...

Follow
directions
Do my job
Keep at it

Red Zone



angry



mad



yelling



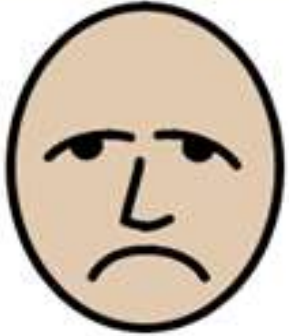
scared



If I am in the **red** ZONE, tools I can
use to get me to the **green** ZONE are...

Ask for help
Use the calm space
Take some deep
breaths
Use your words
Accept help

Blue Zone



sad



sick



tired



bored



If I am in the **blue** ZONE, tools I can
use to get me to the **green** ZONE are...

Stretch
Talk it out
Take some deep
breaths

Calm corner



Calm kit

bubble wrap
bubble wrap

glitter shaker

squeezy toys



soft toy

thinking game

sensory dough