

ZONES of self regulation



<p>Sad Poorly</p>	<p>Happy Calm</p>	<p>Worried Wiggly</p>	<p>Angry Over excited</p>
<p>Ask for a cuddle. Share a story. Draw a picture for mum/dad.</p>	<p>Ready to learn! Help others feel 'green' by including them in your game.</p>	<p>Talk to a grown up. Play with your favourite toy/your favourite game.</p>	<p>Lie down/sit down. Share a story with a grown up. Go outside and run/climb.</p>