Blue Zone	Green Zone	Yellow Zone	Red Zone
tired sensitive unfocused tears ill upset lonely sad rest out Moving slowly	Confident joyful happy pleased responsible calm brave kind focused interested Sensible ready to learn well	worried frustrated closed bouncy scared annoyed Struggling to learn hedgy stressed Struggling to lose control loud sleepy silly day dreaming and/or confused	mad flushed don't care horrid crazy mean impatient out of control shouting angry terrified kicking off rage furious rude
Tools Take a breath Get some fresh air Think happy thoughts Ask friends to cheer you up Get a drink Have a snack at break Make an effort to join in	**Tools** Stay focused Smile Sit up Listen Be sensible Appropriate quiet/ noise levels Keep up your effort Enjoy your learning	**Tools** Remember to be sensible Think about the consequences Talk to a friend or an adult Calm down Deep breaths - smell the strawberry and blow out the candle 8 drawing Smile Count to 10 Have a drink Encourage yourself	**Tools** Walk away Breathing exercises Count to 10 Remember to be kind Talk to someone Have some exercise or a stretch