Zones of Regulation

Blue	Green	Yellow	Red
Things don't feel right Sad Poorly Tired	Just right Calm Ready to learn Happy	Can't sit still Worried Frustrated Excited Silly	Everything is wrong Angry Mean Scared
Make a picture to take home Play with a friend Have a rest in the Book corner	Help others get in the green zone Listen well Play with friends	Talk to an adult or friend Do an activity Run or play outside	Find a calm space Take deep breaths Talk to an adult or friend Stop! And think about choices