

# THE ZONES OF REGULATION



GREEN ZONE

Happy    Calm    Okay  
Content    Focused  
Ready to Learn



BLUE ZONE

Sad    Tired    Sick  
Slow Moving    Bored  
Need to Rest



YELLOW ZONE

Frustrated    Worried    Silly  
Excited    Hyper  
Loss of Some Control



RED ZONE

Angry    Mad    Mean  
Yelling    Hitting    Terrified  
Out of Control

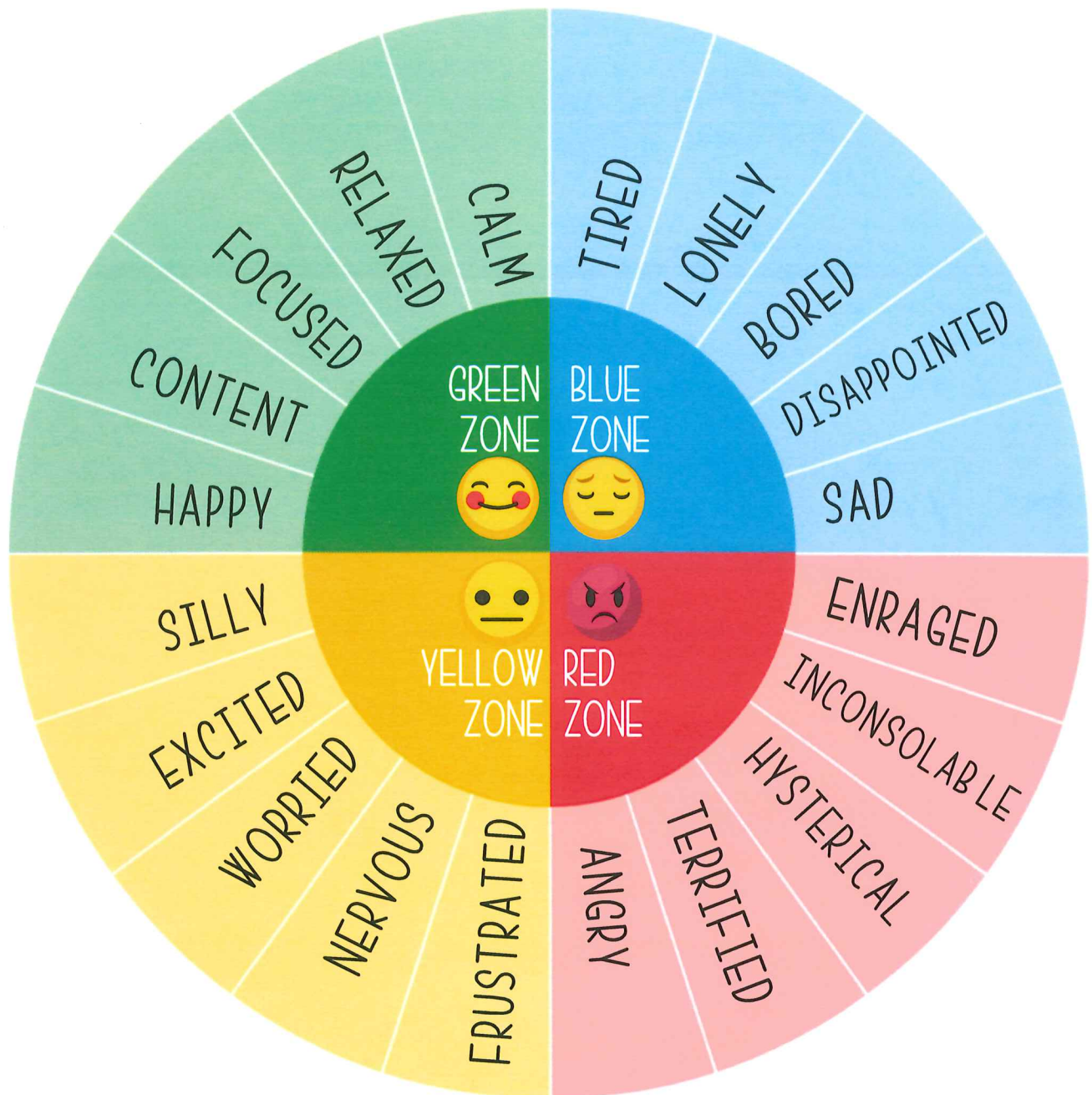
# ZONES OF REGULATION

	BLUE ZONE	GREEN ZONE
How I Look Or Act	<p>I slouch and sigh.</p> <p>I yawn or rub my eyes</p> <p>I move slowly.</p> <p>I have a sad face or cry</p>	<p>I sit up straight.</p> <p>I see and hear everything clearly.</p> <p>I smile and respond politely.</p>
Needed Action	<p>Pay attention more.</p> <p>Be energized.</p> <p>Seek comfort.</p>	<p>Keep it up. You are doing great.</p>
	YELLOW ZONE	RED ZONE
How I Look Or Act	<p>I squirm and fidget in my seat.</p> <p>I roll my eyes and furrow my brows.</p> <p>I cross my arms.</p>	<p>I scream or yell.</p> <p>I hit or kick.</p> <p>I lose control.</p> <p>I stomp my feet.</p> <p>I cry.</p>
Needed Action	<p>Take a break.</p> <p>Do a calming activity.</p> <p>Ask for help.</p>	<p>Get help from a grown up.</p> <p>Using calming strategies.</p>

Below are things you can do when you are in a specific zone.  
Read them carefully and color each box based on the zone where they belong.

I can play and enjoy the outdoors.	I can get a drink of water.	I can stop whatever I am doing.	I can close my eyes and count to 20.
I can read and study.	I can sit up straight.	I can step back and think.	I can take deep breaths.
I can help a friend.	I can take a short walk.	I can ask for a break.	I can think of a place where I feel safe.
I can list down why I feel good to help cheer me up when I'm not okay.	I can tell someone how I feel.	I can ask for help.	I can write, talk, or draw about what I feel.

# EMOTION WHEEL





# Name one thing that makes you feel...



Happy



Sad



Angry

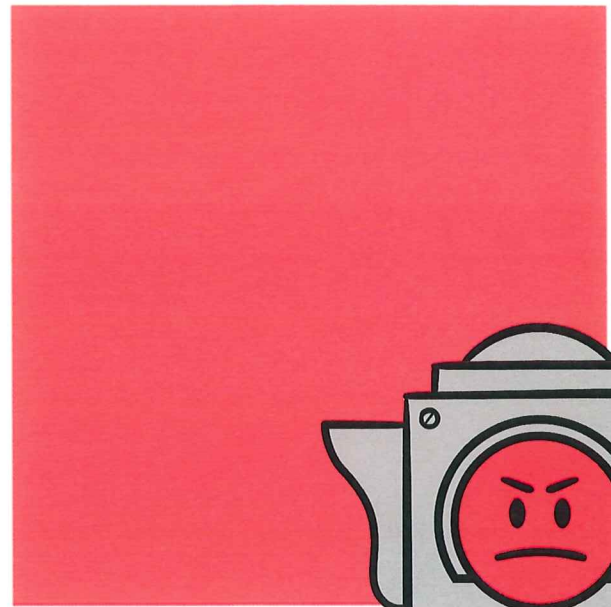
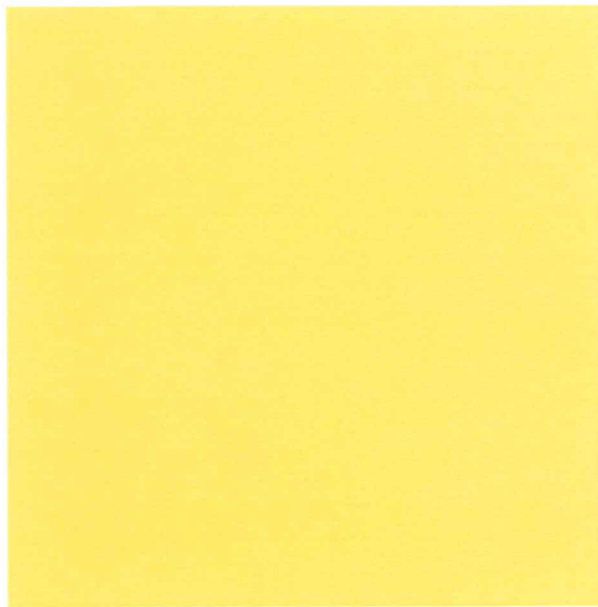
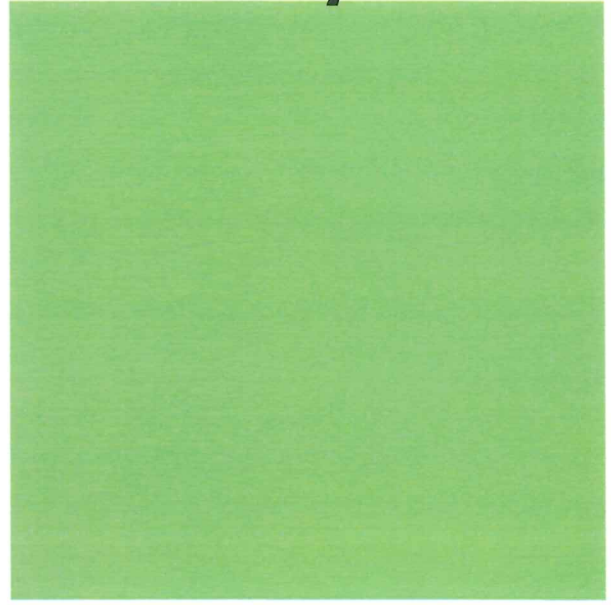
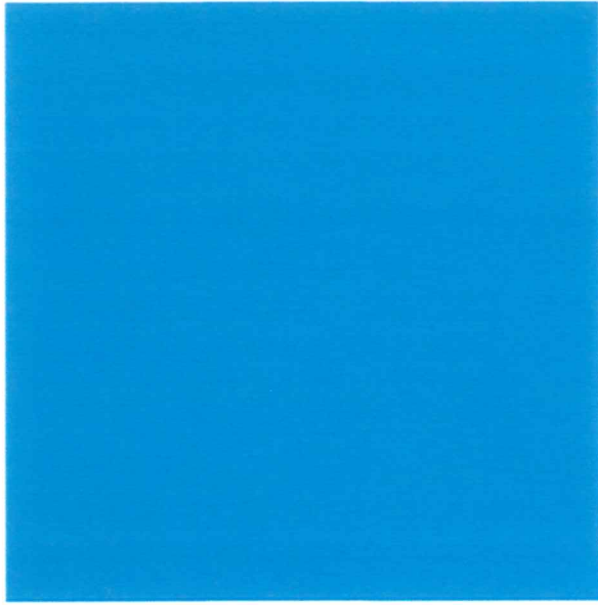


Loved

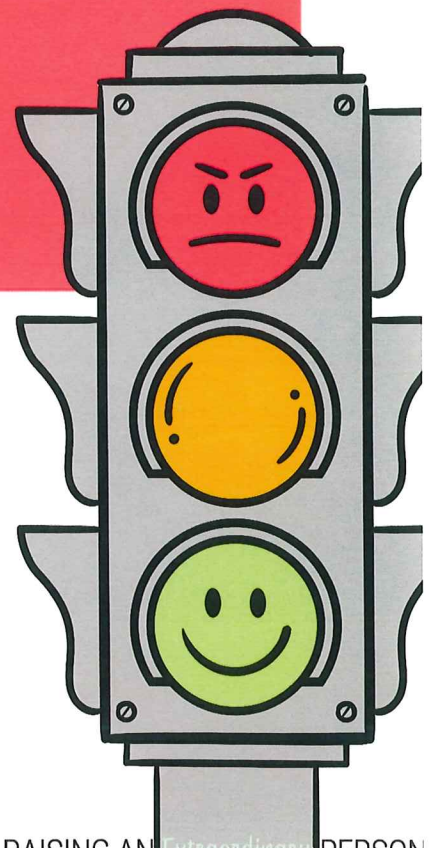


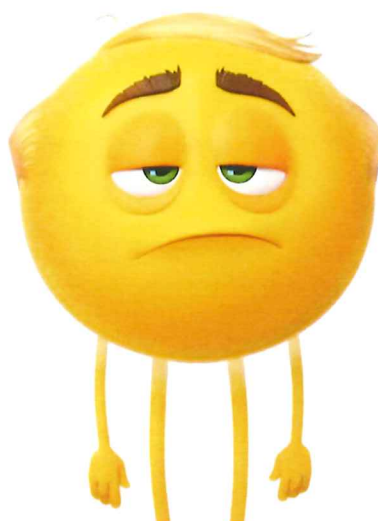
Bored

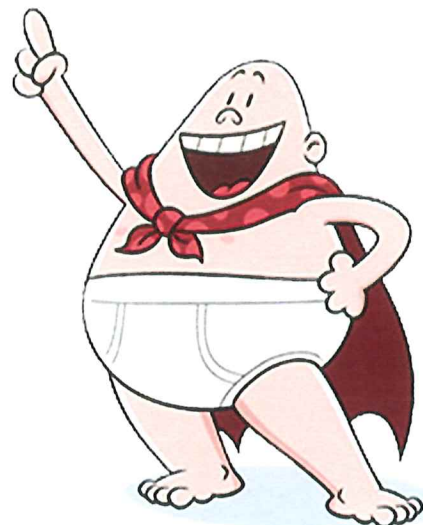
# Which **Zone** are they in?



**Instructions:** Choose a card from the pile and take a moment to examine the character's facial expression. Decide which zone you think they are in and place your card on top of the zone's color.





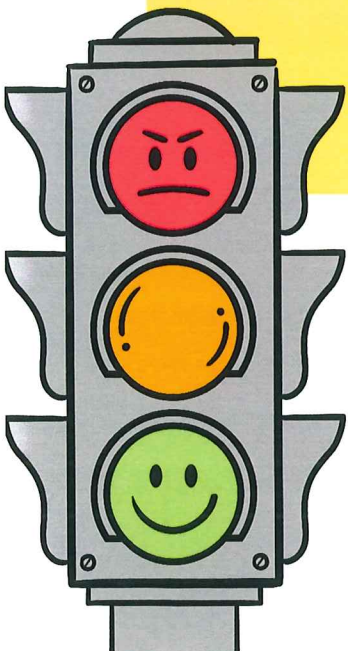
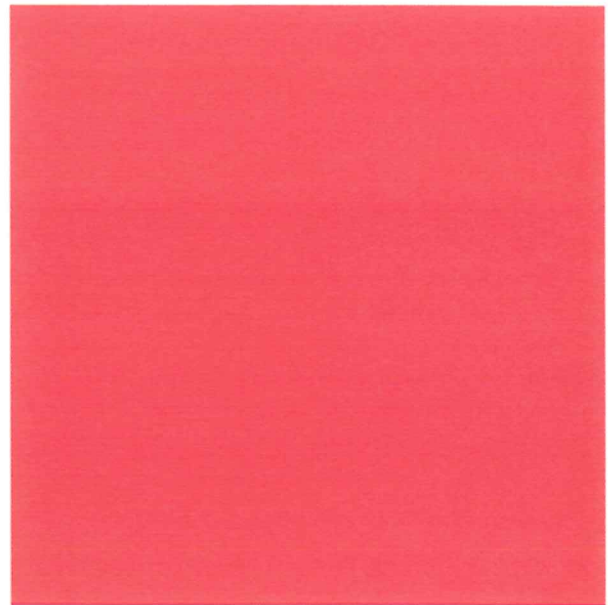
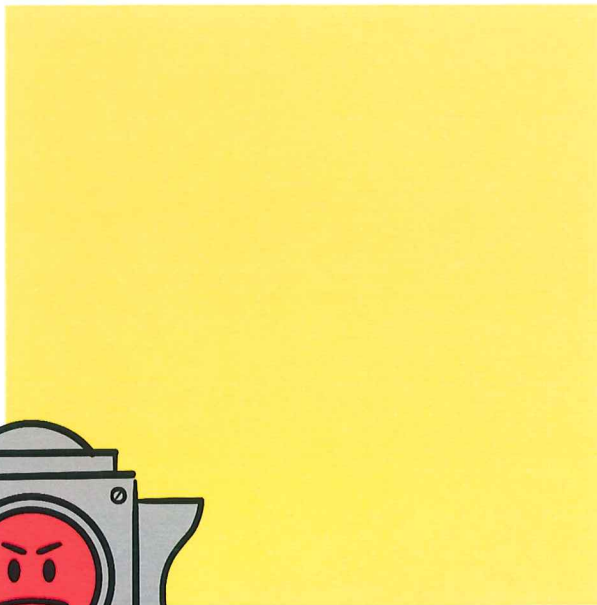
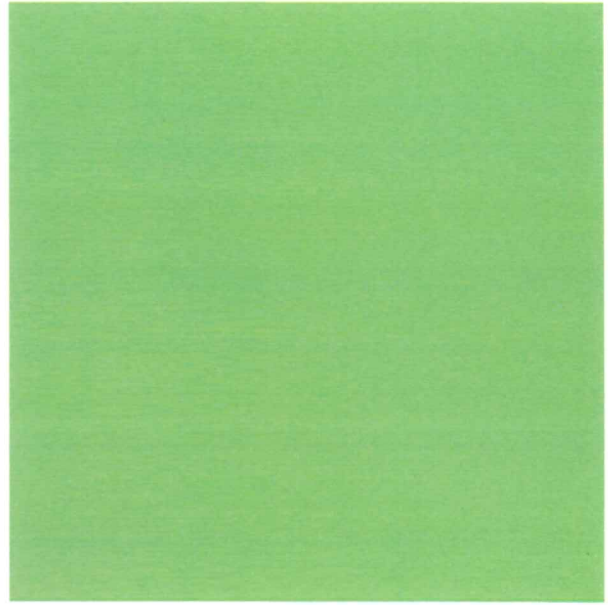
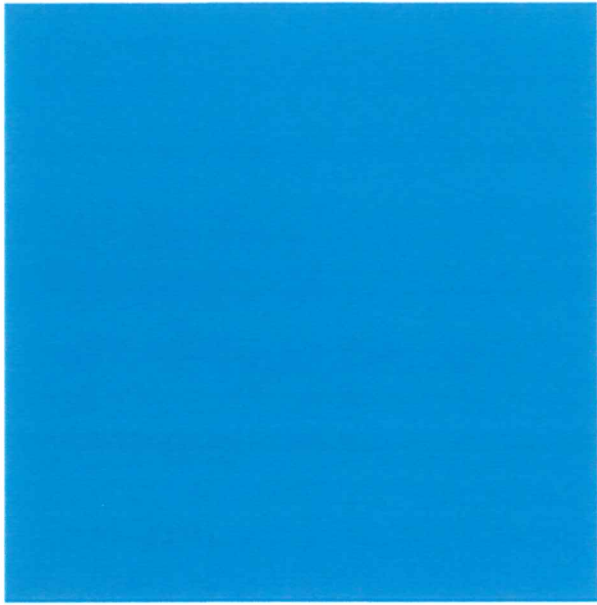








# Which **Zone** Would I Be In, If...



**Instructions:** Choose a card from the pile and read the scenerio on the card. Decide which zone you would be in, if it happened to you. Place your card on top of the color zone you would be in.

Today is school picture day and you can't find the shirt you were planning to wear.

The teacher asked you to read out loud and you accidentally mispronounced a word in front of the whole class.

A classmate told you they liked your new shoes.

You went out for icecream but they were out of the kind that you wanted.

You just found out that your Mom and Dad are taking you to Disney land.

It's pajama day at school and you forgot all about it so you are wearing regular clothes.

You have a test today,  
but you studied and feel  
totally prepared.

You're going on a field  
trip to the museum with  
your class today.

You were supposed to go  
to the park, but it  
started raining.

You wanted to go to your  
friends house but your  
mom said you couldn't  
until you cleaned your  
bedroom.

Your house caught on  
fire!

There was an  
unexpected fire drill at  
school.



Your teacher asked the whole class to read a book that you've already read.

You didn't get much sleep last night and now you have a headache.

A burgler broke into your home and stole your TV.

You asked your sister to play with you but she said no.

Your dog was hit by a car.

You're watching a presentation at school today on your favorite subject.

You fell off your bike  
and scraped your knee.

You won a trophy at  
your team's basketball  
tournament.

Your mom has to travel  
for work and you won't  
get to see her for 2  
weeks.

You did morning yoga  
before breakfast.

You came home from  
school and found a lion  
in your bedroom.

You're stuck in a traffic  
jam for 45 minutes.

You overslept and missed breakfast. Now you're starving but there is still 20 minutes until lunch.

You wanted to go with your dad to his baseball game but there wasn't enough room in the car.

Your little brother beats you at your favorite video game.

You beat your sister in a game of Chess.

Your brother ate some of your Halloween candy while you were at school.

You go shopping with your mom and the store is really hot and crowded.



# HOW BIG IS MY PROBLEM?



## TINY

Tiny problems are easily fixed or you can ignore them. Stay calm, things are okay. -

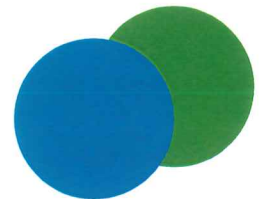
--> *Breaking a pencil, losing a game*



## SMALL

Small problems are easily fixed on your own without an adult's help. No one is hurt and it lasts less than a day.

--> *Forgetting homework, someone annoys you*



## MEDIUM

Medium problems might affect more than one person, could hurt feelings, and often needs a grown-up to help fix them.

--> *Someone calls you names, pushes you, schoolwork is too hard*



## BIG

Big problems can't be solved alone. They may affect several people, last a long time, or be dangerous.

--> *Someone hurting you, fell down & got hurt, lost in a store*



## EMERGENCY

Emergencies are very serious problems that can take a long time to fix, affect many people, and need immediate help.

--> *Car accident, tornado, fire, pet dying*



# SIZE OF THE PROBLEM MATCHING

Cut out the situation cards below and match them with the correct size of the problem on the next page.

YOU AND A FRIEND  
CAN'T AGREE ON  
WHAT GAME TO PLAY

YOUR MOM IS VERY  
SICK AND HAS TO GO  
TO THE HOSPITAL

YOU DIDN'T WIN IN  
A GAME

SOMEONE IS  
CALLING YOU  
NAMES ON THE BUS  
EVERY DAY

SOMEONE  
ACCIDENTALLY  
BUMPED INTO YOU

YOU HAVE TO WORK  
WITH SOMEONE YOU  
DON'T REALLY LIKE.

THERE IS A  
HURRICANE WARNING  
AND EVERYONE NEEDS  
TO EVACUATE

YOUR MATH  
HOMEWORK IS TOO  
HARD TO DO ON YOUR  
OWN

YOU DON'T GET  
INVITED TO A  
BIRTHDAY PARTY BUT  
YOUR SISTER DOES.

# SIZE OF THE PROBLEM MATCHING

Match the cards from the previous page to the size of the problem below:

1  
TINY

2  
SMALL

3  
MEDIUM

4  
BIG

5  
EMERGENCY



# My Calming Strategies

When I'm mad, I will take time and space, and calm down by:


Then, when I'm calm I will express my anger in a respectful way.

# CALMING STRATEGIES



Close my eyes &  
Take deep breaths



Think about something  
that makes me happy



Have a cold drink



read a book



Color a picture



Take time & space



Have a snack



Blow  
bubbles



Listen to music



Exercise



Yoga



Build a puzzle

# CALMING STRATEGIES



Hug a stuffy



Hug your mom or dad



Write in a journal



Play with a Rubik's cube



Make bead jewelry



Play with play-doh

**HAVE A DIFFERENT IDEA? MAKE UP YOUR OWN**



## DRAW A FACE

Learning Objective: To teach children about basic emotions & build awareness around facial expressions

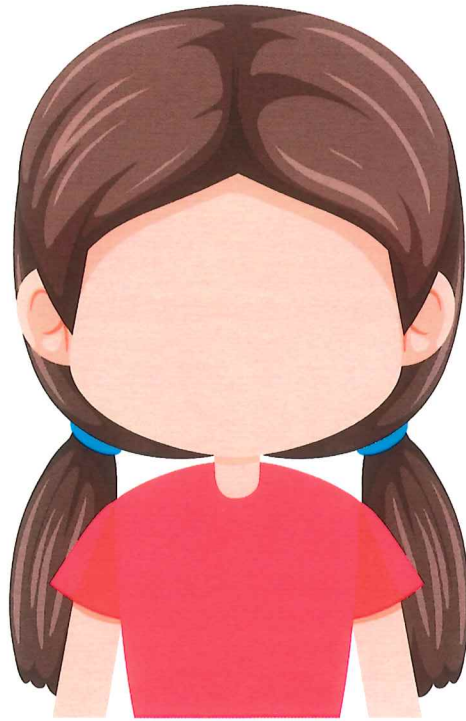


## DRAW A FACE

Learning Objective: To teach children about basic emotions & build awareness around facial expressions



Draw a happy face.



Draw an angry face.

