

When I am in the **Yellow Zone**, I may feel...



Silly



Frustrated



Excited



Worried

I may need to



and calm my body.

I can try to calm my body by...



Talk to Adult



Take a Break



Jumping Jacks



Fidget Ball



Six Sides of Breathing

This makes others feel okay and safe.

This makes me feel better.



When I am in the **Red Zone**, I may feel...



Panicked



overjoyed/Elated



Terrified



Angry

I need to



and calm my body.

I can try to calm my body by...



Run



Hug



Lazy 8 Breathing



Push



Talk to Adult

This makes others feel okay and safe.

This makes me feel better.



When I am in the **Blue Zone**, I may feel...



Tired



Bored



Sad



Sick

I need to rest  and recharge my body.

I can try to rest my body by...



Read



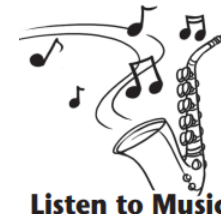
Hug



Take a Break



Walk



Listen to Music

This makes others feel okay and comfortable.

This makes me feel better.

