

ZONES OF REGULATION EXAMPLE

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
<p>I feel:</p> <ul style="list-style-type: none"> · Sad · Sick · Tired · Bored · Hurt · Upset · Not motivated · Burnout 	<p>I feel:</p> <ul style="list-style-type: none"> · Happy · Joyful · Energetic · Positive · Calm · Focused · Content · Motivated 	<p>I feel:</p> <ul style="list-style-type: none"> · Worried · Confused · Nervous · Annoyed · Frustrated · Surprised · Anxious · Hyper 	<p>I feel:</p> <ul style="list-style-type: none"> · Angry · Upset · Overwhelmed · Scared · Mean · Aggressive · Intense · Out of control
STRATEGIES	STRATEGIES	STRATEGIES	STRATEGIES
<ul style="list-style-type: none"> · Take a break · Stretch · Think about the happy things in your life · Talk to someone about your feelings 	<ul style="list-style-type: none"> · Get work done · Help others · Relax 	<ul style="list-style-type: none"> · Take a break · Take deep breaths · Go for a walk · Listen to music · Think of a calm place · Use a fidget item 	<ul style="list-style-type: none"> · Take a break · Go to a safe place · Talk to someone you trust · Self talk · Count to ten