

Zones of Regulation – how to identify what state you are in

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Tired Sick Moving slowly	Happy Calm Feeling okay Focused Ready to learn	Worried Nervous Excited Silly (a bit reckless) Can't stay still	Mad / angry (talking or laughing too loud/disruptive) Out of control Frustrated

To Change Zones you can:

<p>Ask to take a movement break: walk or go to BEAT</p> <p>Think of your favourite song</p> <p>Take a colouring or drawing break</p> <p>Have a cold drink of water or a coffee or tea</p>	<p>You're in the Green zone, you're feeling fine.</p> <p>You have a calm body, and can do your best learning</p>	<p>Come back to your breath</p> <p>Take 5 deep breaths</p> <p>Ask for help</p> <p>Ask to take a break or do an errand</p> <p>Think about your favourite place</p> <p>Remember what the expectations are</p> <p>Close your eyes and count to ten</p>	<p>Use words to explain how you feel or what happened (talk to your teacher or in your journal)</p> <p>Ask for a break</p> <p>Count as high as you can</p> <p>Ask for some space (the Chill Room: or go see Carol the counsellor)</p> <p>Take 10 deep breaths and repeat until you feel calmer</p>
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