



I



feel...



happy



OK



calm



ready to learn



Green



Zone



Strategies



listen



help



my



help



my



friends



teachers



I



feel...



excited



worried



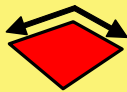
silly



frustrated



Yellow



Zone



Strategies



squeezes



walk



1 2 3  
count



jump



breaths



hug



I

feel...



sad



tired



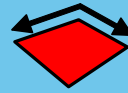
sick



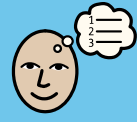
bored



Blue



Zone



Strategies



walk



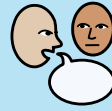
stretch



squeezes



tickles



talk



drink



I

feel...



angry



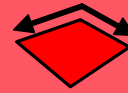
scared



out of control



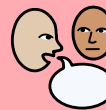
Red



Zone



Strategies



talk



run



sensory room



walk



drink



breaths