

# My Zones of Regulation - Sample

	<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
<b>How I look or act</b>	<p>I sigh or pout</p> <p>I yawn, stretch, rub eyes</p> <p>I have a sad face, I cry</p> <p>I move slowly and rest</p>	<p>I sit up straight</p> <p>I look around me</p> <p>I make eye contact</p> <p>I smile</p>	<p>I wiggle and squirm</p> <p>I frown and glare</p> <p>I act silly or wild</p> <p>My muscles get tight and my heart beats faster</p>	<p>I cry</p> <p>I yell or scream</p> <p>I stomp or bang on things</p> <p>I lose control</p>
<b>What do I need to do?</b>	<p>Get my energy up.</p> <p>Get more engaged.</p>	<p>I'm good. I'm ready to learn and connect.</p>	<p>Use some strategies to settle back down into the green zone.</p>	<p>Use some strategies to calm down!</p>
<b>What could I do that would help me?</b>	<p>Stretch</p> <p>Walk around</p> <p>Get a drink of water</p> <p>Ask for a hug</p> <p>Tell someone how I feel</p> <p>Think happy thoughts</p>	<p>I'm doing well</p> <p>I can play or learn</p> <p>I could help a friend</p> <p>I could help a grown-up</p> <p>I can practice a calming strategy so I'm better at using it when I need it</p>	<p>Count to 20</p> <p>Take deep breaths</p> <p>Think about a safe place</p> <p>Squeeze/press something</p> <p>Jump or dance or run</p> <p>Tense &amp; release muscles</p> <p>Write, draw, talk about it</p>	<p>Stop what I'm doing</p> <p>Walk away</p> <p>Be safe</p> <p>Ask for a break</p> <p>Get help</p>

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<b>How I look or act</b>				
<b>What do I need to do?</b>	Get my energy up.	I'm good. I'm ready to learn and connect.	Use strategies to settle down into the green zone.	Use strategies to calm down!
<b>What helps me?</b>				