



## Blue Zone

Sad - Bored  
Tired - Sick



## Green Zone

Happy - Focused  
Calm - Proud



## Yellow Zone

Worried - Frustrated  
Silly - Excited



## Red Zone

Overjoyed/Elated  
Panicked - Angry - Terrified

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## Use tools to get in the green zone

drink of water



count



deep breaths



squeeze and release



wall push ups



use fidgets



draw



write this



talk with adults



take a break



self talk



take a walk



stretch



volcano breath



lift something heavy



ask for a snack



think of a calm place



listen to music

