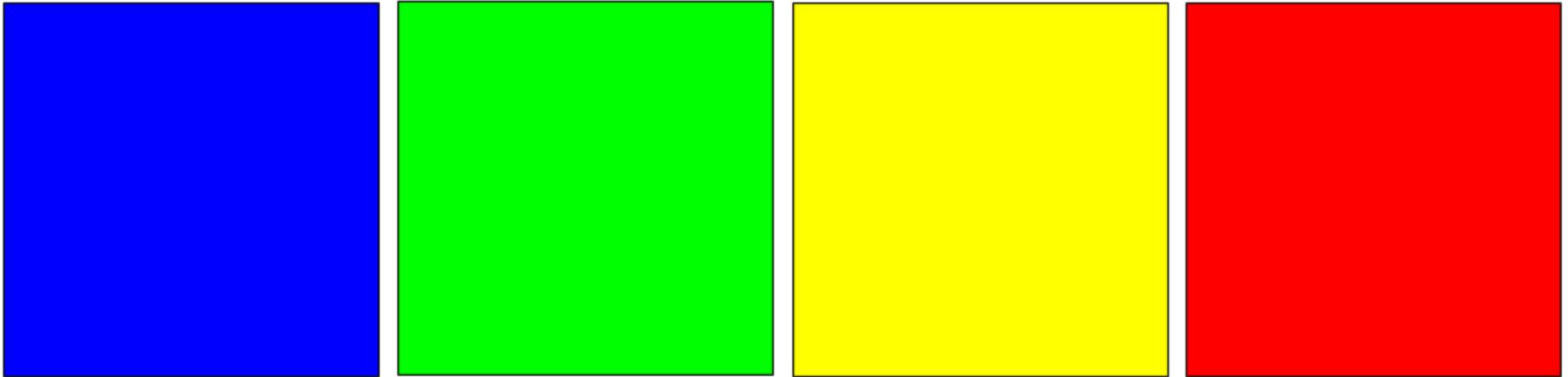




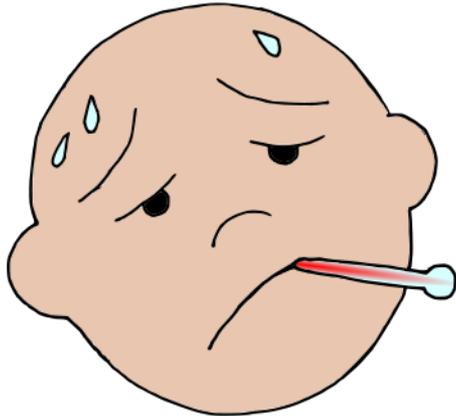
What are the Zones?

Lauren Gray, COTA/L

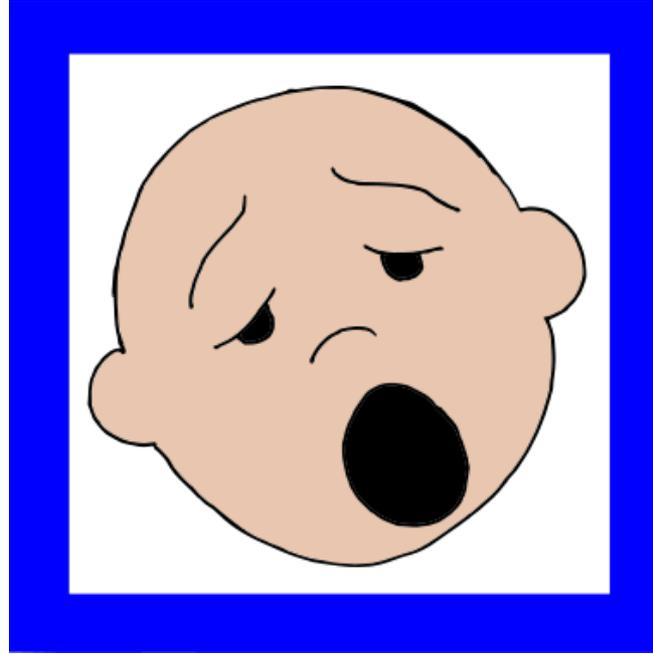
There are 4 different colors in the zones. They are blue, green, yellow, and red. The colors help me to remember the different emotions.



In the Blue Zone I might feel:



Sick

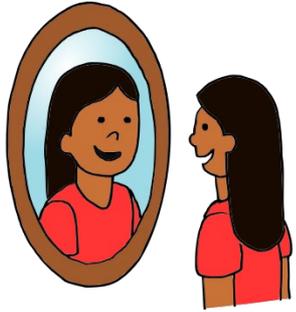


Tired

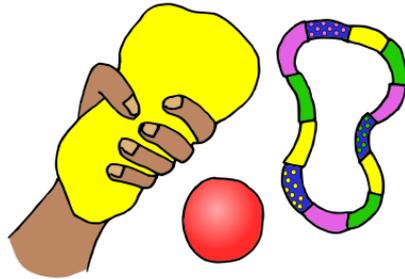


Sad

Here are some ways to help myself feel better:



Self Talk



Fidget



Ask for a Hug

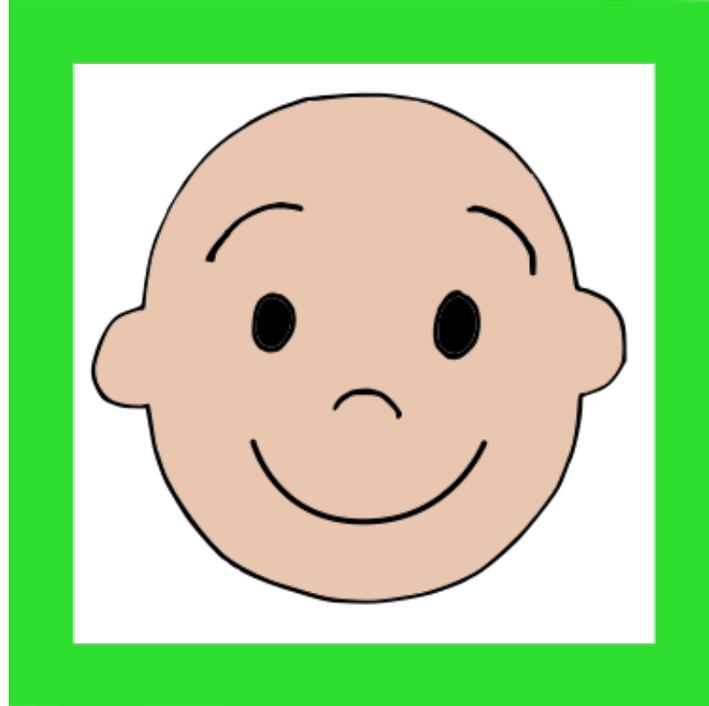


Take a Walk

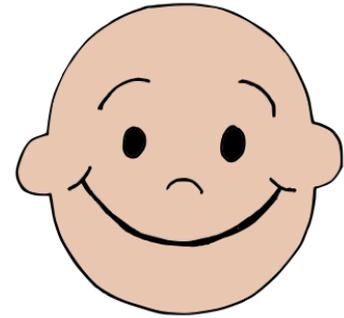
In Green Zone I may feel:



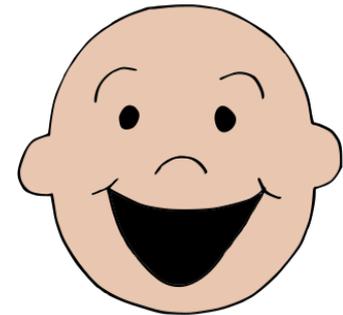
Focused



Calm



Relaxed



Happy

These are some activities that may help to keep me in Green Zone:



Read a Book



Listen to Music

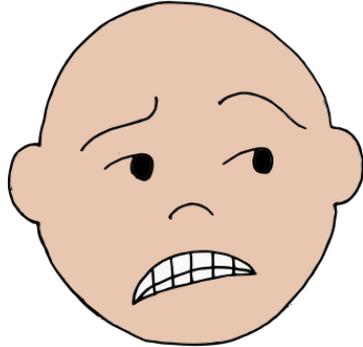


Play with Rice,
Beans, Playdoh,
or Kinetic Sand

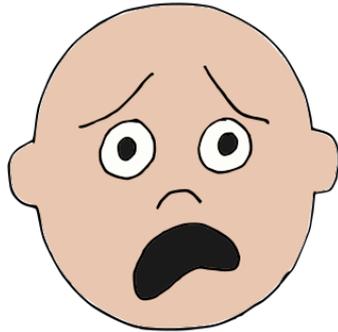


Yoga

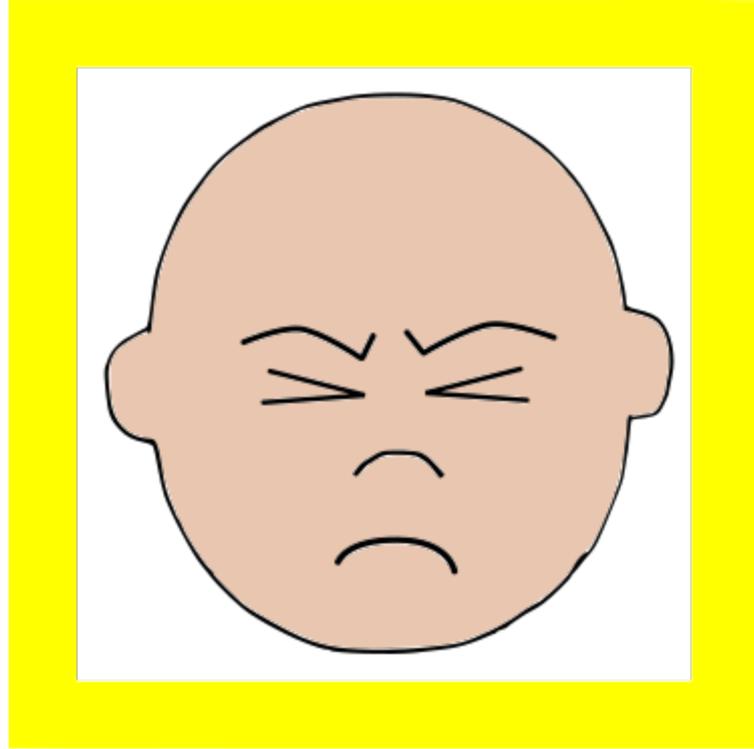
When I start to go into the Yellow Zone, I might feel:



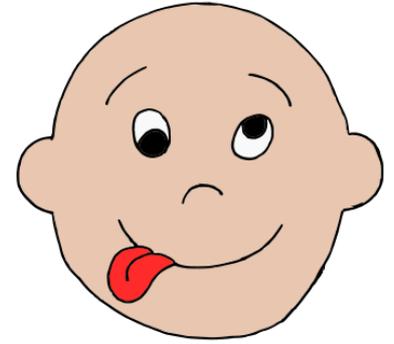
Uncomfortable



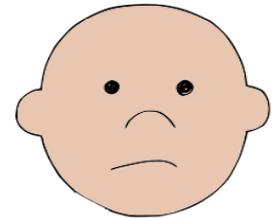
Scared



Frustrated



Silly



Confused

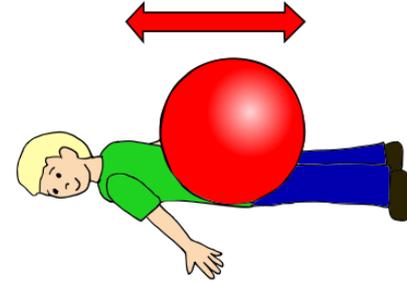
Here are some strategies to help calm my body down:



Get a Drink



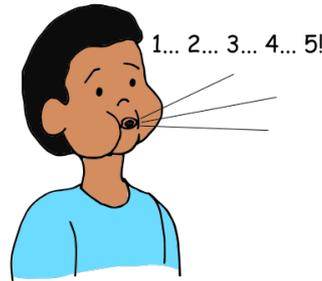
Use Headphones



Roll an Exercise Ball



Take a Break

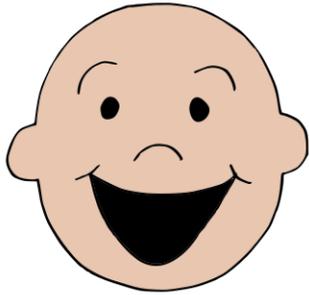


Count to 5 and Take Deep Breaths

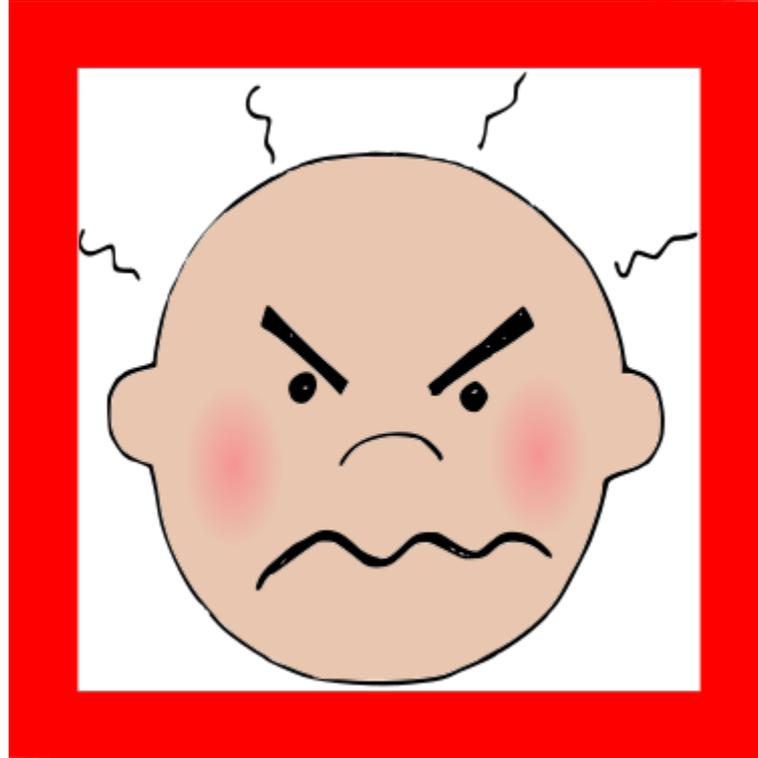


Use a Chewy

If I am in the Red Zone I might feel:



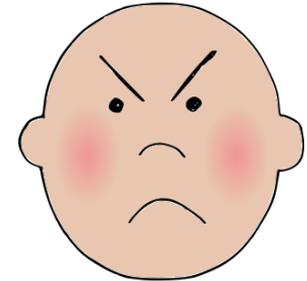
Over Excited



Out of Control



Mad

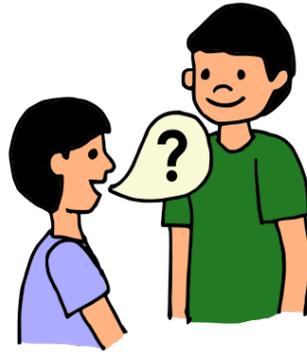


Angry

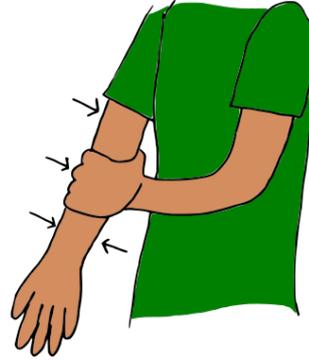
If my body goes into the red zone, I may need to try one of these ideas:



Take a Break in a Quiet Place



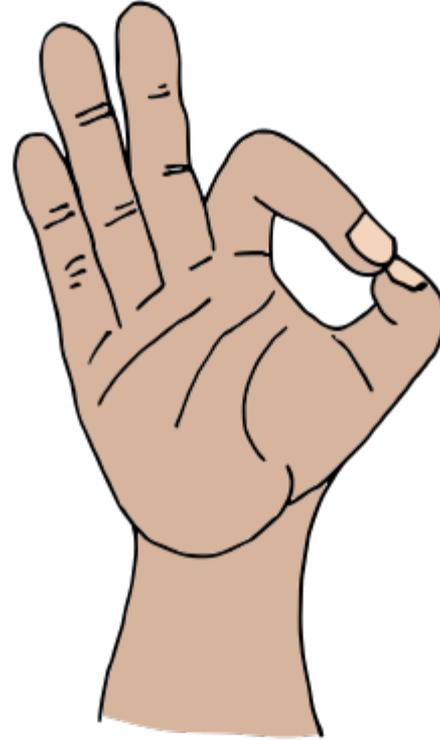
Talk to an Adult or Ask for Help



Give Myself a Squeeze



**It is OKAY to feel emotions in every single zone!
We all have these feelings.**



I need to remember to stay in control of my body and my words to stay safe and kind to others even if I start feel upset.



Nice Hands



Nice Feet

When I make safe choices and use some of my calming tools, my parents and friends will be proud of me!

