


<p>Blue Zone</p> 		<p>Green Zone</p> 		<p>Yellow Zone</p> 		<p>RED ZONE</p> 	
Blue Zone		Green Zone		Yellow Zone		Red Zone	
Looks like	<ul style="list-style-type: none"> Yawning Sleepy body A frown Head down 	Looks like	<ul style="list-style-type: none"> Smiling Focused Calm body Listening body Productive work 	Looks like	<ul style="list-style-type: none"> A pouting face Arms crossed Silly body Wiggly body 	Looks like	<ul style="list-style-type: none"> Fighting Kicking, pushing, hitting Mad face Hands in face
Sounds like	<ul style="list-style-type: none"> Crying Yawning "I'm sad" "I'm bored" Sighs 	Sounds like	<ul style="list-style-type: none"> Quiet listening Focused Inside voice level Kind words 	Sounds like	<ul style="list-style-type: none"> Loud voice level Whining Unkind words Giggling and laughing Silly and goofy sounds 	Sounds like	<ul style="list-style-type: none"> Loud, yelling Stomping the floor Screaming Crying really hard
Feels like	<ul style="list-style-type: none"> Slow motion No energy Empty bucket Boring 	Feels like	<ul style="list-style-type: none"> Good Ready to play Happy heart Full bucket 	Feels like	<ul style="list-style-type: none"> Excited Frustrated Annoyed Not calm Fast heartbeat 	Feels like	<ul style="list-style-type: none"> Out of control Need to be alone Not calm Not remembering
What Can You Do?		What Can You Do?		What Can You Do?		What Can You Do?	
<ul style="list-style-type: none"> Talk to someone Eat or drink something Get up and stretch Exercise Draw a picture Ask for a hug Take a break Listen to music Think positive 		<ul style="list-style-type: none"> Play along Listen Cooperate Work hard Think happy thoughts Stay on target 		<ul style="list-style-type: none"> Talk to someone Count and breathe Squeeze something Draw a picture Take a break Talk to an adult or friend Go for a walk Use your Calm Down Book 		<ul style="list-style-type: none"> Take a break Count and breathe Talk about the problem Find a safe space Ask for help Use your Calm Down Book 	