Blue Zone	Green Zone	Yellow Zone	Red Zone
			
Looks like • Yawning • Sleepy body • A frown • Head down	**Looks like** • Smiling • Focused • Calm body • Listening body Productive work	**Looks like** • A pouting face • Arms crossed • Silly body Wiggly body	**Looks like** • Fighting • Kicking, pushing, hitting • Mad face Hands in face
Sounds like • Crying • Yawning • “I’m sad” • “I’m bored” Sighs	**Sounds like** • Quiet listening • Focused • Inside voice level Kind words	**Sounds like** • Loud voice level • Whining • Unkind words • Giggling and laughing Silly and goofy sounds	**Sounds like** • Loud, yelling • Stomping the floor • Screaming Crying really hard
Feels like • Slow motion • No energy • Empty bucket Boring	**Feels like** • Good • Ready to play • Happy heart Full bucket	**Feels like** • Excited • Frustrated • Annoyed • Not calm • Fast heartbeat	**Feels like** • Out of control • Need to be alone • Not calm • Not remembering
What Can You Do? • 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	**What Can You Do?** • Play along • Listen • Cooperate • Work hard • Think happy thoughts • Stay on target	**What Can You Do?** • 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	**What Can You Do?** • Take a break • Count and breathe • Talk about the problem • Find a safe space • Ask for help • Use your Calm Down Book