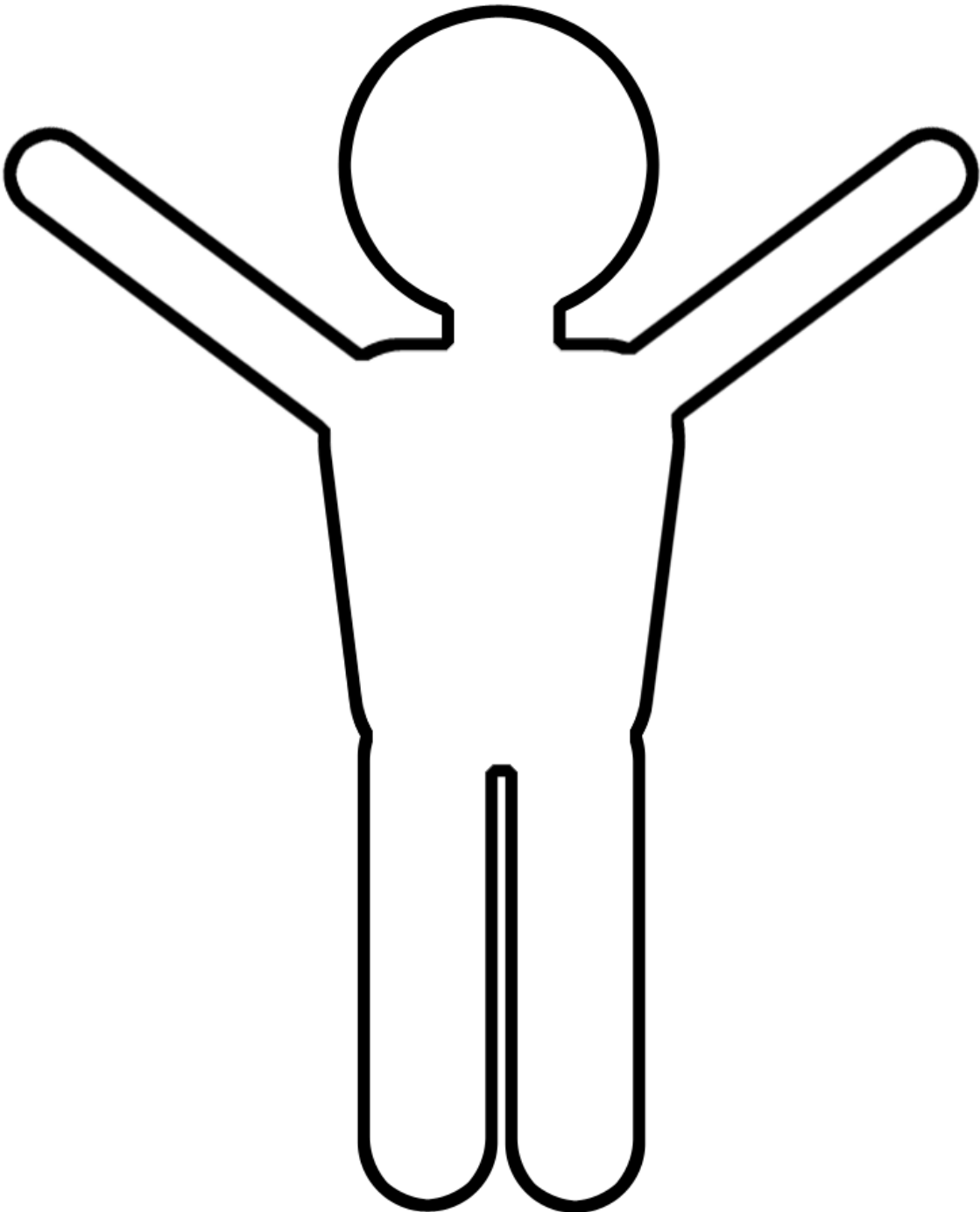


Brain & Body Signals

Our brain and body send us signals for how we are feeling. Color or draw in your brain and body signals for where and how you feel each emotion based on the Zones of Regulation.



Sad Calm Silly Mad

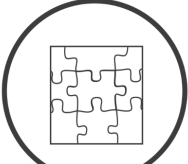
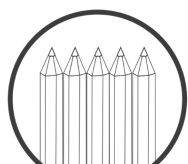
Zones of Regulation:

Blue	Green	Yellow	Red
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The ZONES of Regulation

			
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
Moving Slowly	Ready to Learn	Loss of Some Control	Out of Control

Coping Tools to Try

 TAKE A DRINK  STRETCH YOUR BODY  THINK A HAPPY THOUGHT	You are good-to-go: ready to learn, work and help others!	 TAKE 3 DEEP BREATHS  DO A PUZZLE  READ A BOOK	 COUNT TO TEN  DRAW  SQUEEZE A BALL
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