

# GREEN ZONE



Happy  
Calm  
Focused  
Ready

# BLUE ZONE



Sick  
Bored  
Tired  
Sad  
Moving Slowly

# YELLOW ZONE



Excited  
Worried  
Wiggly  
Silly

# RED ZONE



Mad  
Angry  
Upset  
Violent  
Disgusted

## GREEN ZONE TECHNIQUES

- Complete your work
- Listen to the teacher
- Remember your daily goal
- Think happy thoughts

## BLUE ZONE TECHNIQUES

- Take a break
- Think happy thoughts
- Talk about your feelings
- Hug someone/something
- Draw a picture

## YELLOW ZONE TECHNIQUES

- Take a break
- Talk to the teacher
- Squeeze a stress ball
- Go for a walk
- Take three deep breaths

## RED ZONE TECHNIQUES

- Take a break
- Squeeze a stress ball
- Take 5 deep breaths
- Count to 10
- Talk about the problem

