Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
 sad	 calm	 worried	 angry
 tired	 focused	 energetic	 furious
 hurt	 happy	 excited	 overjoyed
 bored	 proud	 silly	 high energy
 low	 okay	 frustrated	 panicked
 sick	 relaxed	 annoyed	 terrified

Zones of Regulation
What you can do to help

I could...	I could...	I could...	I could...
 Stand up	 Try my best	 Take a break	 Speak to an adult
 Stretch	 Help a friend	 Take deep breaths	 Take a break
 Talk to a friend	 Continue with my learning	 Count to 10	 Move to a quiet space
 Have a drink	 Help an adult	 Draw	 5 finger breathing
 Take a walk	 Have a drink	 Use a fidget	 Figure 8 breathing
 Cuddle a teddy	 Challenge yourself	 Speak to an adult	 Go for a walk

5 Finger Breathing technique

Breathe With Me! The 5 Finger Breathing Technique for Kids

Figure 8 Breathing Techniques

Breathing Exercise for Kids for Focus and Concentration | Kids Yoga | Figure 8 Breath | Yoga Guppy