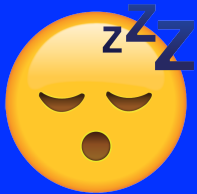


# What ZONE are you in?

Sad  
Feeling Blue  
Bored



Tired  
Moving Slow  
Feeling Sick

Happy  
Okay  
Fine



Ready to Learn  
Calm Body  
Most Productive

Frustrated  
Worried  
Excited



Hyper  
Starting to Lose Control  
Uncomfortable

Angry  
Very Frustrated  
Big Feelings



Out of Control  
Might Break Rules  
Not Safe

# To change zones, you can...

Do a movement  
brain break

Think about  
something happy

Have a drink of water

Take a coloring or  
drawing break

Listen to your favorite  
song in your head  
(silently)

You're in the green  
zone!

You're feeling fine,  
have a calm body,  
and can do your best  
learning.

Take 5 deep breaths

Ask for a break

Think about your  
favorite place

Ask for help

Think about what the  
expectations are

Close your eyes and  
count to ten

Use words to explain  
how you feel or tell  
what happened

Ask for a break

Count as high as  
you can

Ask to take a walk

Get some space

Take 10 deep breaths  
and repeat