

# Zones of Regulation

We can put how we feel into 4 coloured zones.

This can help us tell our adults and friends how we feel.

It's important to talk about our feelings and get support when we need it.



How do you think we might feel in the green zone?



How do you think we might feel in the blue zone?




**How do you think we might feel in the yellow zone?**




**How do you think we might feel in the yellow zone?**







happy  
calm  
focused  
ready to learn



sad  
sick  
tired  
bored  
moving slowly



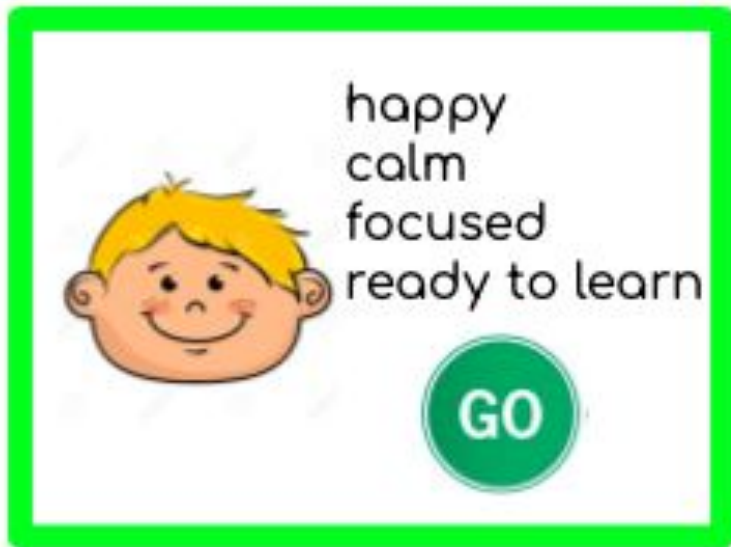
frustrated  
worried  
silly/wiggly  
excited  
loss of some control



mad/angry  
terrified  
shouting  
hurting  
out of control



If we feel like we are in the green zone, we are ready to:



learn with our  
friends



share your learning  
with your adults

If we feel like we are in the blue zone, we are ready to:



have some water



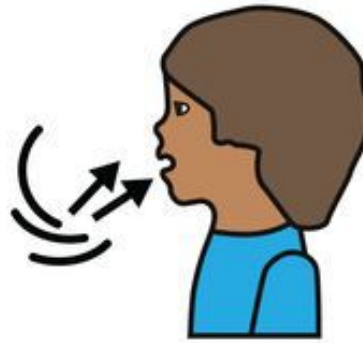
hug teddy



If we feel like we are in the yellow zone, we are ready to:



Take deep breath



go to our quiet space

If we feel like we are in the red zone, we are ready to:



go for a walk with an  
adult



go to our quiet space  
and discuss with an adult

# How do you feel today?

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrifies Shouting Hurting Out of Control

What has made you feel this way? What can we do to improve the way we feel?