

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Zones of Regulation

## Blue Zone

How I Look  
Or Act

I slouch and sigh.  
I yawn with eyes half-closed.  
I move slowly.

Needed  
Action

Pay attention more.  
Be energized.

## Green Zone

I sit up straight.  
I see and hear everything clearly.  
I smile and respond politely.

Keep it up. You are  
doing great.

## Yellow Zone

How I Look  
Or Act

I squirm and fidget in my seat.  
I cannot pay attention.  
I frown and seldom talk.

Needed  
Action

You need to go back  
to the green zone.

## Red Zone

I glare and my  
eyebrows are furrowed.  
I scream or yell.  
I stomp angrily.

Use strategies to  
calm down.

Below are things you can do when you are in a specific zone.  
Read them carefully and color each box based on the zone where they belong.

I can play and enjoy the outdoors.  
I can read and study.  
I can help a friend.  
I can list down why I feel good to help cheer me up when I'm not okay.

I can get a drink of water.  
I can sit up straight.  
I can take a short walk.  
I can tell someone how I feel.

I can stop whatever I am doing.  
I can step back and think.  
I can ask for a break.  
I can ask for help.

I can close my eyes and count to 20.  
I can take deep breaths.  
I can think of a place where I feel safe.  
I can write, talk, or draw about what I feel.