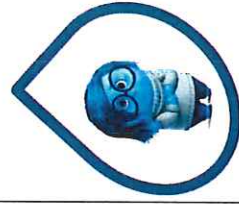


Everyone has times in each of these zones and that's ok. There are no good or bad zones. We can't always be green but we can try to help ourselves feel a bit better when we are in the other zones 😊

Kate Carson

How am I

feeling



today?



I am feeling in the



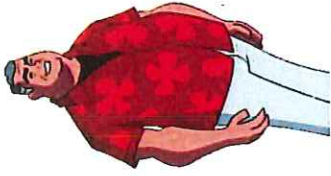
Blue Zone




























I am feeling in the



Green Zone



I might feel	What might help me
Sad 	Rest 
Tired 	A drink 
Lonely 	A snack 
Bored 	Fresh air 
Sick 	A cuddle 
Hurt 	Speak to a grown up 
Slow Energy 	Play a game  

I might feel	What might help me
Calm 	Being aware of my feelings changing 
Happy 	Remembering if I slip into another zone I can use my strategies to help me 
Friendly 	
Safe 	
Loved 	
Able to think 	
Able to Learn 	
In control of my choices 	

I am feeling in the



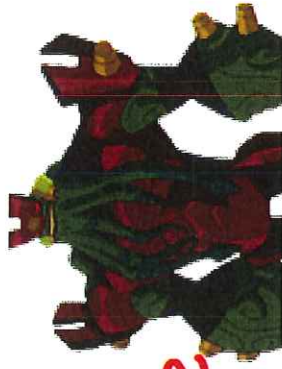
Yellow Zone



I am feeling in the



Red Zone



I might feel

Frustrated 

Worried 

Loud Voice 

Over Excited 

I play too rough 

Nervous 

Less Control 

I want to say mean words 

What might help me

Quiet time 

Peanut Ball 

A drink 

A snack 

Deep breath 

Fresh air 

Say how I feel 

Make a deal 

Role play 

Count to 10 

Weighted blanket 

I might feel

Angry 

Scared 

I want to cry 

Unsafe 

I want to scream 

I want to run 

I want to hit 

Out of control 

What might help me

An adult nearby 

Going to my safe place 

Kind words 

Quiet voices 

Time to calm 

Deep breath 

A squishy hug when I am ready 