

Red zone



I



feel



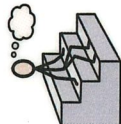
angry



hyper



deep breathing



time out



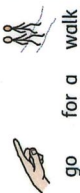
I can



distressed



furious



go for a walk

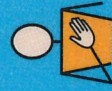


talk to an adult

Blue zone



I



feel



sad



tired



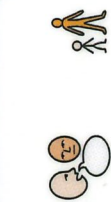
stretch



I can



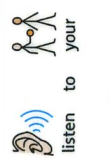
ask for a hug



talk to an adult



sick



listen to your breathing

yellow zone



I



feel



silly



frustrated



share your feelings



I can



take deep breaths



worried



excited



have a drink



fidget toy

Green zone



I



feel



happy



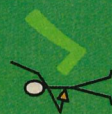
calm



help a friend



play with friends



I can



try



new things



ready to learn



play and learn