

Zones of Regulation - How are you feeling today?



BLUE ZONE

GREEN ZONE

YELLOW ZONE

RED ZONE

Emotions:

Sad
Sick
Tired
Bored

Emotions:

Happy
Calm
Okay
Focussed

Emotions:

Frustrated
Worried
Nervous
Unsure of what's happening

Emotions:

Mad
Angry
Terrified
Scared

My actions might be:

Moving slowly
Crying
Feel empty
Hiding / Running away

My actions might be:

Ready to learn
Smiling
Enjoying being with other people

My actions might be:

Silly
Wiggling / Can't sit still
Finding it hard to concentrate
Loss of some control

My actions might be:

Hitting
Shouting
Hiding / Running away
Out of control

To help, I could:

- Try and talk to someone
- Do an activity I enjoy
 - Have an early night
- Do a physical activity
- Have some fresh air

To stay here, I could:

- Appreciate good things in life
- Write down what has made me happy today
 - Keep smiling
- Stay away from stressful situations

To help, I could:

- Take control of what I'm worrying about if possible
- Write my worries on a paper aeroplane and throw them away
 - Do an activity I enjoy

To help, I could:

- Walk away from a stressful situation if possible
 - Count to 10
 - Take 10 big breaths
- Try to block out your thoughts