

# What zone am I in?



sad 	tired 
sick 	bored 

calm 	I'm ready to work 
happy 	I'm okay 

silly or wiggly 	upset 
hyper 	confused 

frustrated 	mad 
yelling 	hitting 

## Use tools to get in the green zone

drink of water 	count 	deep breaths 	squeeze and release 	wall push ups 	use fidgets 	draw 	write this 	talk with adults 
take a break 	self talk 	take a walk 	stretch 	volcano breath 	lift something heavy 	ask for a snack 	think of a calm place 	listen to music 