

The image features four vertical bars of equal height and width, arranged side-by-side. From left to right, the colors are blue, green, yellow, and red. The text is centered over these bars.

# Zones of regulation

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# The blue zone

## What is the blue zone?

The blue zone is a zone where you are feeling:

1. Sad
2. Down
3. Bored
4. Tired
5. Disappointed
6. Depressed
7. Shy
8. Moving slowly

## How to get out of the blue zone.

Ways to get out of the blue zone:

1. Have a drink of water
2. Go for a walk
3. Breath in and out slowly

# The green zone

## What is the green zone ?

The green zone is where you are feeling:

1. Happy
2. Calm
3. Feeling ok
4. Focused
5. Ready to learn
6. Not stressed
7. Focused on one thing

## How to stay in the green zone.

Ways to stay in the green zone:

1. Stay focused
2. Do not get distracted
3. Don't talk to others
4. Be interested in your work

# The yellow zone

## What is the yellow zone?

The yellow zone is a zone where you are feeling:

1. Frustrated
2. Worried
3. Silly
4. Wiggly
5. Excited
6. Have lost control

## How to get out of the yellow zone.

Ways to get out of the yellow:

1. Go for a walk
2. Get a drink
3. Talk to someone

# Red zone

## What is the red zone?

The red zone is a zone where you are feeling:

1. Angry
2. Stressed
3. Mean
4. Out of control
5. Furious
6. Yelling
7. Hitting

## How to get out of the red zone?

Ways to get out of the red zone.

1. Calm down
2. Breath in and out slowly
3. Go for a walk
4. Get a drink
5. Tell a teacher

Thank you for listening

I hope you have  
learned something  
about the zones of  
regulation

