

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	What might help me
Frustrated 🙄	Quiet time 🧘
Worried 😟	Peanut Ball 🥜
Loud Voice 🔊	A drink 🥛
Over Excited 😄	A snack 🍪
I play too rough 🧒🧒	Deep breath 😮
Nervous 😬	Fresh air 🌳
Less Control 🚦	Say how I feel 💬
I want to say mean words 🐒	Make a deal 🤝
	Role play 🧑🧑
	Count to 10 123
	Weighted blanket 🛏

I might feel	What might help me
Angry 😡	An adult nearby 👤
Scared 😨	Going to my safe place 🏠
I want to cry 😭	Kind words ❤️
Unsafe 😟	Quiet voices 🗣️
I want to scream 🗣️	Time to calm ⌚
I want to run 🏃	Deep breath 😮
I want to hit 🖐️	A squishy hug 🤗
Out of control 🚦	when I am ready

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?

