I am feeling in the



Blue Zone



I am feeling in the



Green Zone



What might help me I might feel



Tired 🚳

Lonely 😂

Bored 😂

Sick 🤧

Hurt 😇

Slow Energy 🥦



Rest 5

A drink







A cuddle

Speak to a grown up

Play a game 🎲 🚱



I might feel

Calm 😌

Нарру 🙂

Friendly 👑

Safe 😂

Loved 🥰

Able to think

Able to Learn

In control of my choices 💆

What might help me

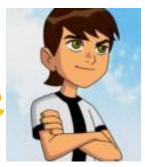
Being aware of my feelings changing

Remembering if I slip into another zone I can use my strategies to help me 🙂

I am feeling in the



> Yellow Zone



Red Zone



I might feel

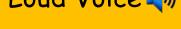
What might help me

Frustrated 🔀



Worried 😌









Nervous 😁

Less Control 💆 💳



I want to say mean words



Quiet time



Peanut Ball (Sall (Sall



A snack



Deep breath :





Make a deal 🤝



Count to 10 123



I might feel



Scared 😨





I want to



I want to run 🌂

I want to hit



What might help me

An adult nearby 🙎



Kind words

Quiet voices (")

Time to calm 0

Deep breath 😯

A squishy hug 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?