

Zones of Self-Regulation Tools

Here are some ideas for settling down and stay calm.

If I am in the Blue Zone, I need to take action.	If I am in the Green Zone, I am good to go.	If I am in the Yellow Zone, I need to take action.	If I am in the Red Zone, I need to STOP.
Take a break	Ready to listen & learn	Try deep breathing & counting to 10	Try deep breathing & counting to 10
Think happy thoughts	Think happy thoughts	Move to another space	Go to a quiet spot or go for a walk
Listen to music	Set personal goals	Listen to relaxing music	Listen to relaxing music
Draw a picture	Do a task by myself	Have a drink of water	Try wall push-ups
Ask for a hug	Help others	Do some yoga	Use a squishy ball or do hand squeezes
Take a nap	Participate in physical activities	Go for a walk	Talk to an adult
Talk to a friend or adult	Talk to a friend or adult	Ask for help	Be an inner coach (remind myself)