

# Class R's ZONES OF REGULATION



sad



poorly



tired



bored



angry



terrified



yelling



fighting



excited



silly



worried



frustrated



happy



calm



ready



focussed

# Blue Zone



sad



bored

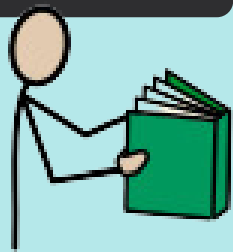


poorly



tired

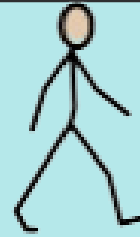
# Our Blue Zone Tool Kit



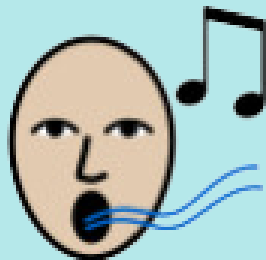
read a book



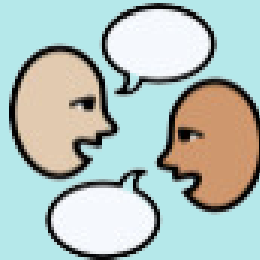
cuddle



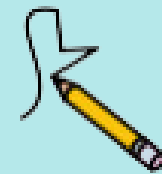
go for a walk



sing a song

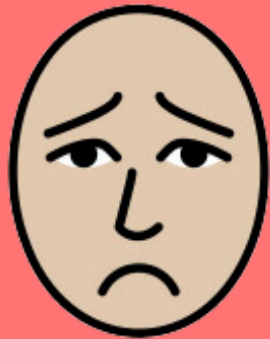


have a chat



draw a picture

# Red Zone



sad



bored

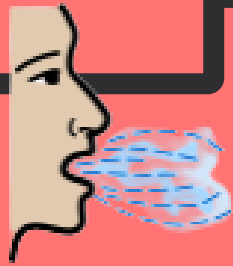


poorly



tired

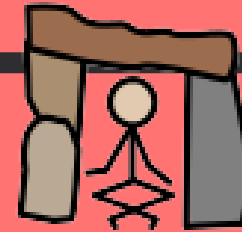
# Our Red Zone Tool Kit



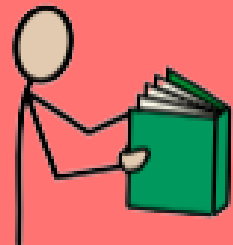
deep breaths



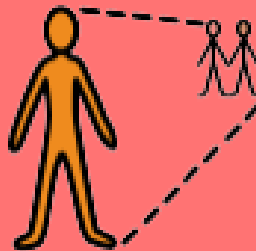
1 2 3  
count to 10



safe place



read a book



alone time



cuddle

# Green Zone



happy



calm



ready



focussed

# Our Green Zone Tool Kit



drink water



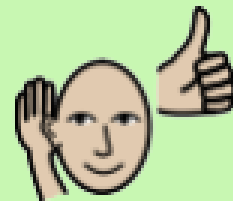
sit calmly



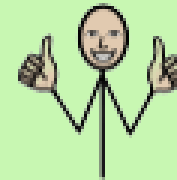
smile



help friends



show good  
listening



encourage  
others

# Yellow Zone



excited



worried



silly



frustrated

# Our Yellow Zone Tool Kit



have a drink



squeeze



fidget toy



go for a walk



alone time



deep breaths