



Check in

My Zone

My Tools



Blue Zone



Green zone



Keep it up!



Yellow Zone



Red Zone



Check in

My Zone

My Tools



Blue Zone



Green zone



Keep it up!



Yellow Zone



Red Zone



count to ten



take deep breath



ask for walk



break



squeeze ball



drink water



squeeze hands



ask for break outside



ask to jump



ask for quiet area



listen to music



ask for headphones



read a book or magazine



draw



coloring



journal writing



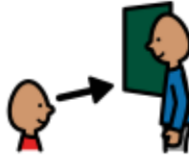
use your words



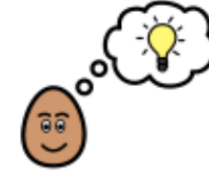
do push ups



carry something heavy



talk to teacher



ask for help



think of something that
makes you happy



rip paper



paint



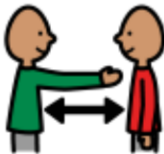
ask self "what do I need
right now"?



ask for play dough



use fidget



ask for space



weighted blanket



weighted vest