

My ZONES

<i>Colour me BLUE</i>	<i>Colour me GREEN</i>	<i>Colour me YELLOW</i>	<i>Colour me RED</i>
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Name:

ZONES Check-In

I feel

I am in the Zone.

Colour me BLUE

Colour me GREEN

Colour me YELLOW

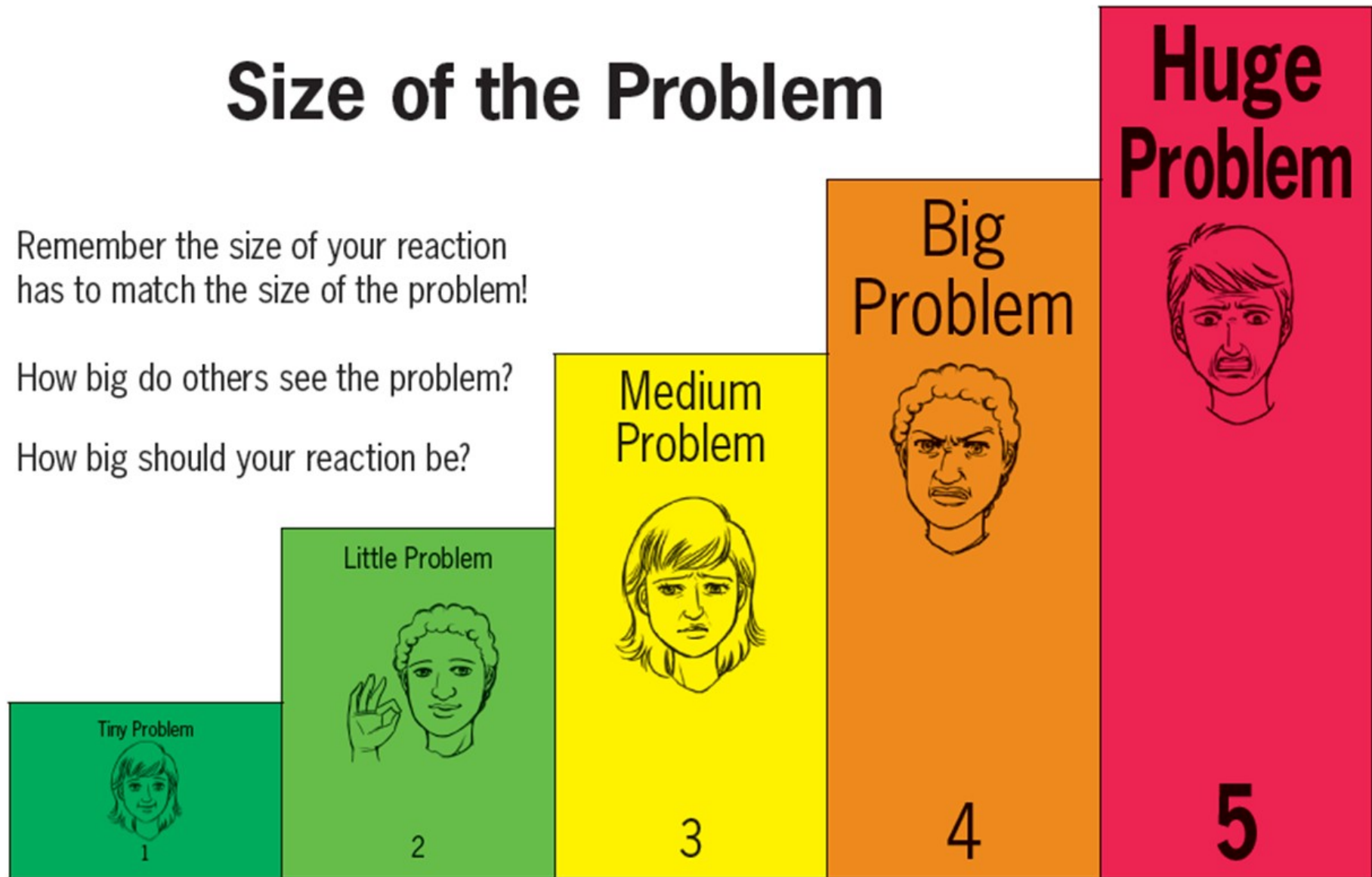
Colour me RED

Size of the Problem

Remember the size of your reaction
has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



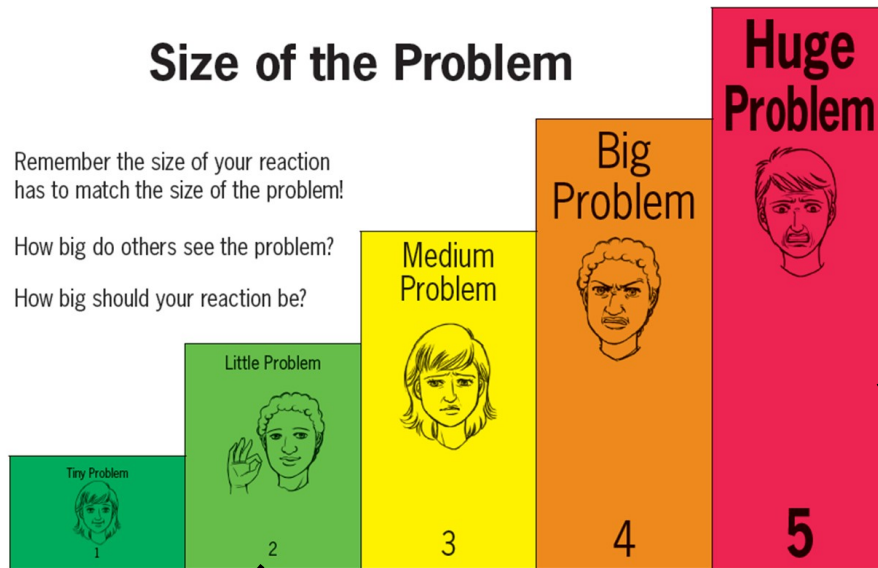
HOW BIG IS THE PROBLEM?

Size of the Problem

Remember the size of your reaction
has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



What are some huge problems
that you may face in life and
school?

What are some little problems /
tiny problems that you may face
in school?

What are some medium problems
that you may face in life and school?

What are some big problems
that you may face in life and
school?

A HUGE PROBLEM IN SCHOOL

HOW BIG SHOULD YOUR REACTION BE?

A BIG PROBLEM IN SCHOOL

HOW BIG SHOULD YOUR REACTION BE?

A MEDIUM PROBLEM IN SCHOOL

HOW BIG SHOULD YOUR REACTION BE?

A SMALL PROBLEM IN SCHOOL

HOW BIG SHOULD YOUR REACTION BE?

When I'm in the 'Blue' I feel....



Colour me BLUE

When I'm in the 'Green' I feel....



Colour me GREEN

When I'm in the 'Yellow' I feel....



Colour me YELLOW

When I'm in the 'RED' I feel....



Colour me RED



Moving slowly

Sad

Sick

Tired

Bored



Strategies

1.

2.

3.



Ready to Learn

Feeling Okay

Focused

Happy

Calm



Strategies

1.

2.

3.



Loss of Control

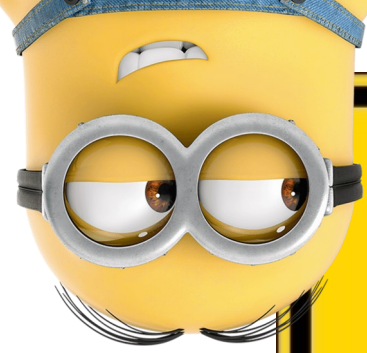
Frustrated

Worried

Excited

Silly

Confused



Strategies

1.

2.

3.



Out of Control

Mad
Mean
Angry
Shouting
Scared



Strategies

1.

2.

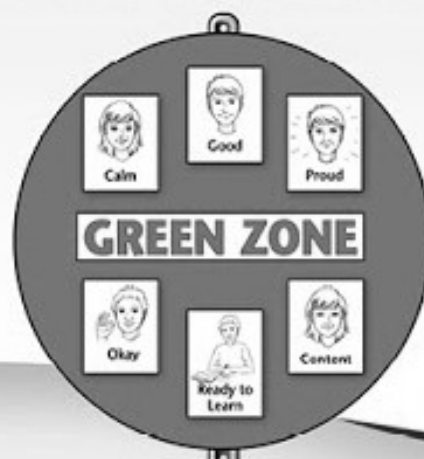
3.

THE ZONES OF REGULATION[®]



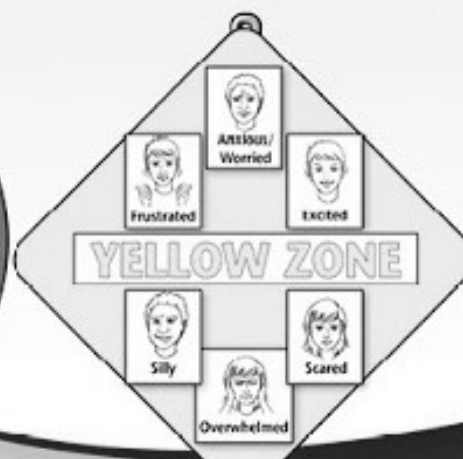
Blue Zone Tools

Stretch



Green Zone Tools

Drink water



Yellow Zone Tools

Deep breaths



Red Zone Tools

Take a break
