

What zone am I in?



<p>sad</p>		<p>tired</p>		<p>calm</p>		<p>I'm ready to work</p>		<p>silly or wiggly</p>		<p>upset</p>		<p>frustrated</p>		<p>mad</p>	
<p>sick</p>		<p>bored</p>		<p>happy</p>		<p>I'm okay</p>		<p>hyper</p>		<p>confused</p>		<p>yelling</p>		<p>hitting</p>	

Use tools to get in the green zone

<p>drink of water</p>	<p>count</p>	<p>deep breaths</p>	<p>squeeze and release</p>	<p>wall push ups</p>	<p>use fidgets</p>	<p>draw</p>	<p>write this</p>	<p>talk with adults</p>
<p>take a break</p>	<p>self talk</p>	<p>take a walk</p>	<p>stretch</p>	<p>volcano breath</p>	<p>lift something heavy</p>	<p>ask for a snack</p>	<p>think of a calm place</p>	<p>listen to music</p>