**Secondary Guidance Lesson**

*“Get to Green” Pt. 2*

**Objective:** *To help students learn about identifying triggers, how to self-regulate and maintain staying in that “green zone” so they can be productive and attentive in class.*

**Image**: [Get to Green Poster](https://drive.google.com/file/d/1i2xed304aVicKNUoXCqaOHOVFv_b59Cn/view?usp=sharing)

**Materials Needed:** Post-it notes (3 for each student)

**Activity:**

* *Put Get to Green poster on the screen*
* *Brainstorm Activity*
  + *Put a section on the wall/dry erase board for Blue, Yellow & Red*
  + *Give each student 3 post-it notes*
  + *Looking at each zone, write on a post-it how you can get to green when you are in that zone.* 
    - *Example: Red: Deep breaths, Yellow: Take a walk, Blue: call a friend*
  + *Have students walk up to the board and put their post-its in the correct section*

**Follow-up/Closing:** *Group Discussion: Knowing your triggers are important but knowing good coping skills is just as important. Take time to process through each section and read the student responses. Acknowledge the great suggestions, let students discuss, and give feedback. Talk about the green zone. How do you know when you are there (In control, focused, engaged). When is a time in the last week that you had to get back to the green zone? How did you do it? What works? What doesn’t work?*