

# AVON "PAWS'TIVE PRIDE



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SHOW OWNERSHIP!



Our Pawsitive Pride Skill of the week continues to be the **Zones of Regulation**. The zones are a great way to help kids identify how they are feeling and choose a tool to help them cope with each feeling.

Enjoy the books below!  
*A Little Spot of Anxiety*  
and  
*In My Heart*

Pawsitive Pride Skill of the Week  
Zones of Regulation



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## ZONES OF REGULATION!

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Shouting Out of Control I Need Time and Space

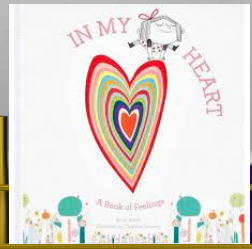
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