





Oak Chan Elementary

Dragon Zones

Blue Zone	Green Zone	Yellow Zone	Red Zone
			
<p>How might you feel?</p>	<p>How might you feel?</p>	<p>How might you feel?</p>	<p>How might you feel?</p>
<p>Sad Tired Bored Moving Slowly</p>	<p>Happy Okay Focused Ready to Learn</p>	<p>Nervous Confused Silly Not Ready to Learn</p>	<p>Angry Frustrated Scared Out of Control</p>
<p>What might help you?</p>	<p>What might help you?</p>	<p>What might help you?</p>	<p>What might help you?</p>
<p>Talk to Someone Stretch Take a Brain Break Stand Take a Mindful Moment</p>	<p>To think about the goal: to stay or get to the GREEN Zone. What can you do to be happy, calm, and ready to learn?</p>	<p>Talk to Someone Silently count to 20 Take Deep Breaths Draw a picture Squeeze an Object Take a Mindful Moment</p>	<p>Stop What I'm Doing Ask for a Break Find a Safe Space Make sensible choices Take Deep Breaths Ask for Help</p>