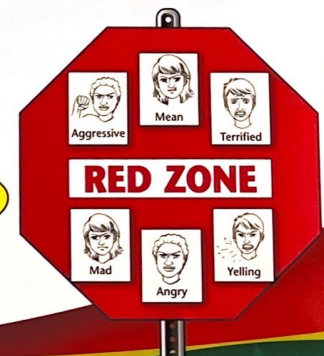
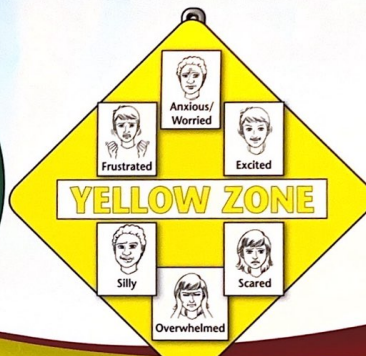
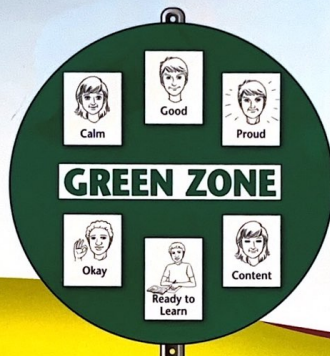
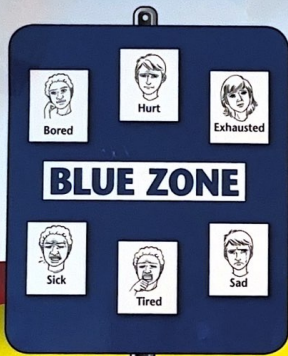


# THE ZONES OF REGULATION®



**Blue Zone Tools**

Stretch

Take a walk

Talk to a friend or adult

Ask for help

Drink water

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**Green Zone Tools**

Drink water

Set new goals

Stay on task

Help a friend

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**Yellow Zone Tools**

Deep breaths

Positive self-talk

Use a fidget

ASK for help

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**Red Zone Tools**

Take a break

Breathe

Use a fidget

Move your body - exercise

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