

What Zone Are You In?			
Blue	Green	Yellow	Red
			
- Not Listening - Not Moving - Not Learning	- Happy - Content - Feeling Okay - Ready to Learn	- Frustrated - Worried - Silly/Wiggly - Loud - Loss of Control	- Angry - Aggressive - Out of Control

5 4 3 2 1
SLOW DOWN & CALM DOWN
 FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 

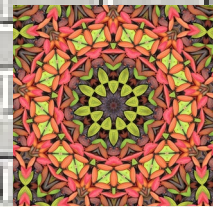
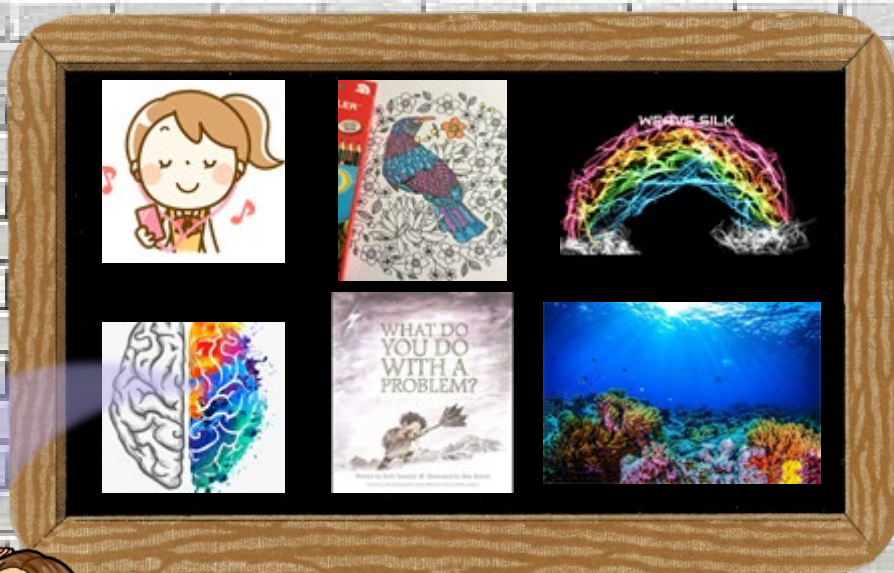
4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something you like to TASTE 

FINISHED! - TAKE ANOTHER 3 SLOW BELLY BREATHS



5 minute timer





What Zone Are You In?			
Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

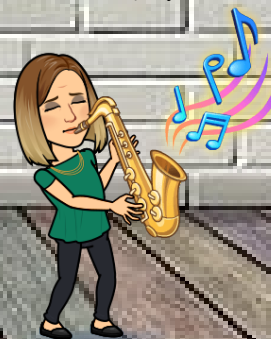
Listen to a story



Take a few deep breaths



Listen to Music



Pay attention to your self-talk

