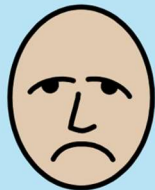


I am in the

Blue Zone



sad



sick



tired



hurt



shy



bored

When I am in the

Blue Zone

I can try



walk



drink



jumps



tickle



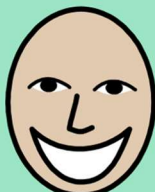
dance



bounce

I am in the

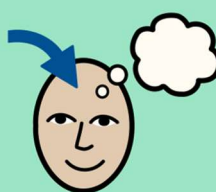
Green Zone



happy



listening



learning



relaxed



calm

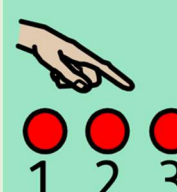


ok

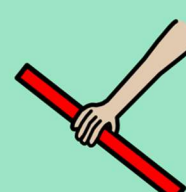
When I am in the

Green Zone

I can try



count to 10



fidget



movement break



headphones



drink

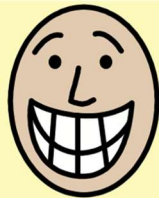


wobble cushion

I am in the
Yellow Zone



silly



excited



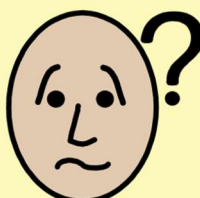
nervous



frustrated



upset

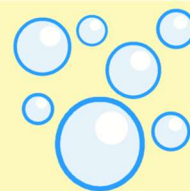


confused

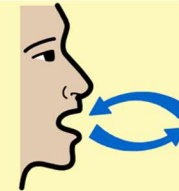
When I am in the
Yellow Zone
I can try



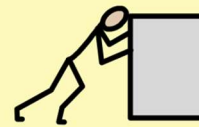
music



bubbles



breathing



push

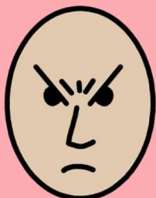


pull



carry

I am in the
Red Zone



angry



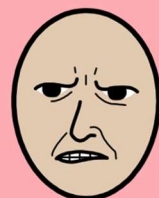
yelling



elated



terrified



mean



out of control

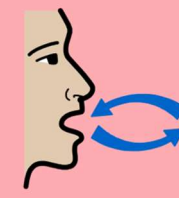
When I am in the
Red Zone
I can try



music



quiet space



breathing



rest



walk



squishes