

Name: _____

Date: _____

Zones of Regulation

Blue Zone

How I Look
Or Act

I slouch and sigh.
I yawn with eyes half-closed.
I move slowly.

Needed
Action

Pay attention more.
Be energized.

Green Zone

I sit up straight.
I see and hear everything clearly.
I smile and respond politely.

Keep it up. You are
doing great.

Yellow Zone

How I Look
Or Act

I squirm and fidget in my seat.
I cannot pay attention.
I frown and seldom talk.

Needed
Action

You need to go back
to the green zone.

Red Zone

I glare and my eyebrows
are furrowed.
I scream or yell.
I stomp angrily.

Use strategies to
calm down.

Below are things you can do when you are in a specific zone.
Read them carefully and color each box based on the zone where they belong.

I can play and
enjoy the
outdoors.

I can read and
study.

I can help a friend.

I can list down why
I feel good to help
cheer me up when
I'm not okay.

I can get a drink
of water.

I can sit up
straight.

I can take a short
walk.

I can tell someone
how I feel.

I can stop
whatever I am
doing.

I can step back
and think.

I can ask for a
break.

I can ask for help.

I can close my eyes
and count to 20.

I can take deep
breaths.

I can think of a place
where I feel safe.

I can write, talk, or
draw about what I
feel.