


# ZONES

OF


# REGULATION

**I DID IT!**  
I used a TOOL  
to stay in the  
**GREEN ZONE**

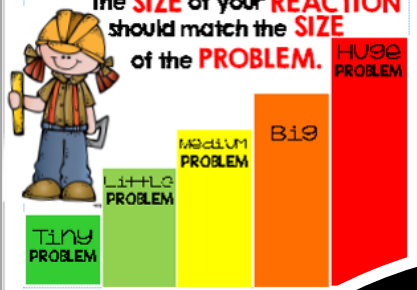
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
TOOL that worked for me:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**WHAT ZONE AM I?**



The **SIZE** of your **REACTION** should match the **SIZE** of the **PROBLEM**.



**WHAT'S** the size of your **PROBLEM**

**BLUE Zone**



BORED  
SAD  
TIRED  
SICK  
MOVING SLOWLY

**TRIGGERS**  
Triggers are things that move you out of the green zone. Write your triggers on the sign.

**MY TRIGGERS**

Once we know our triggers, we can learn the tools to control them.

**YELLOW Zone**

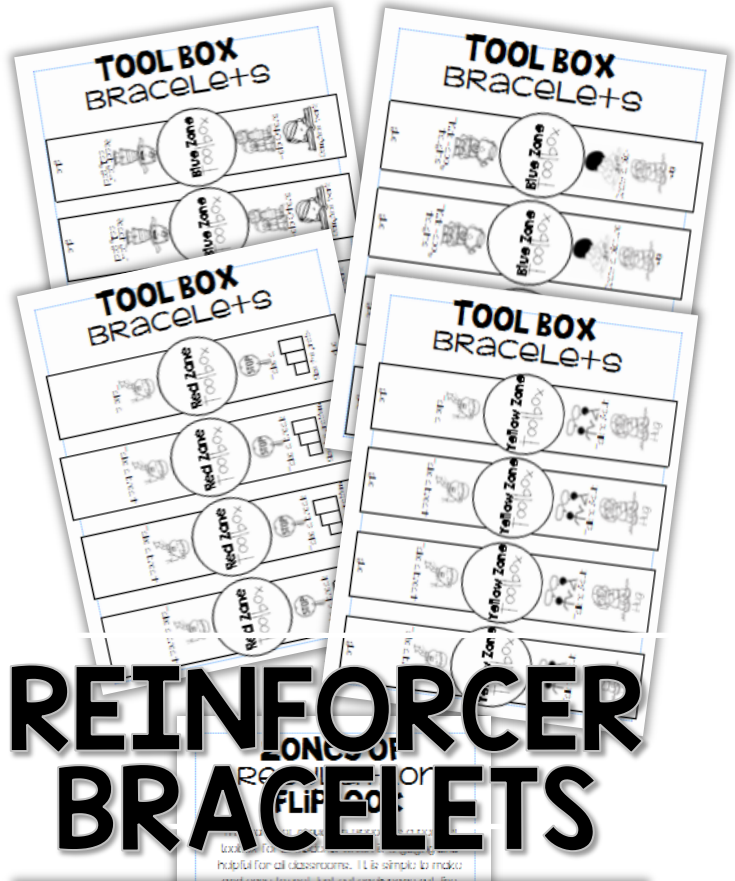
**FRUSTRATED**

**SOME**

**MADE Easy**

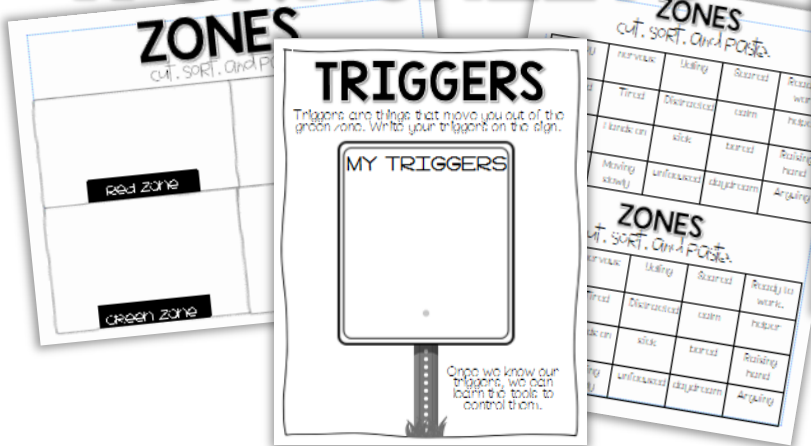
By: Valerie Steinhardt

# POSTERS

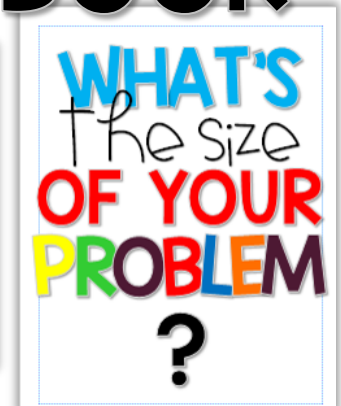
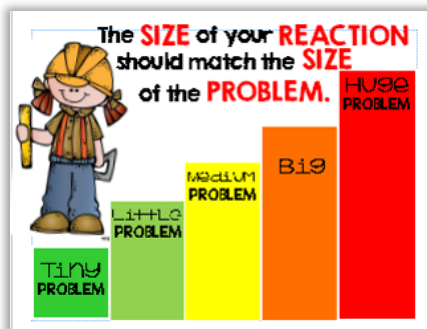
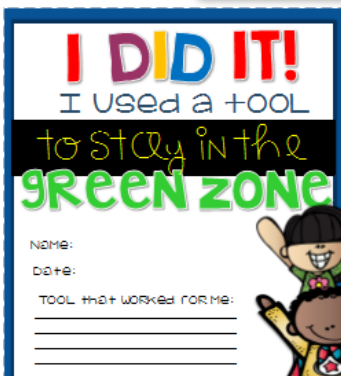


# REINFORCER BRACELETS

# WORKSHEETS



# FLIPBOOK



# AWARDS

WHAT

ZONE

AM

I?



# YELLOW

Zone

FRUSTRATED

NERVOUS



excited

SILLY

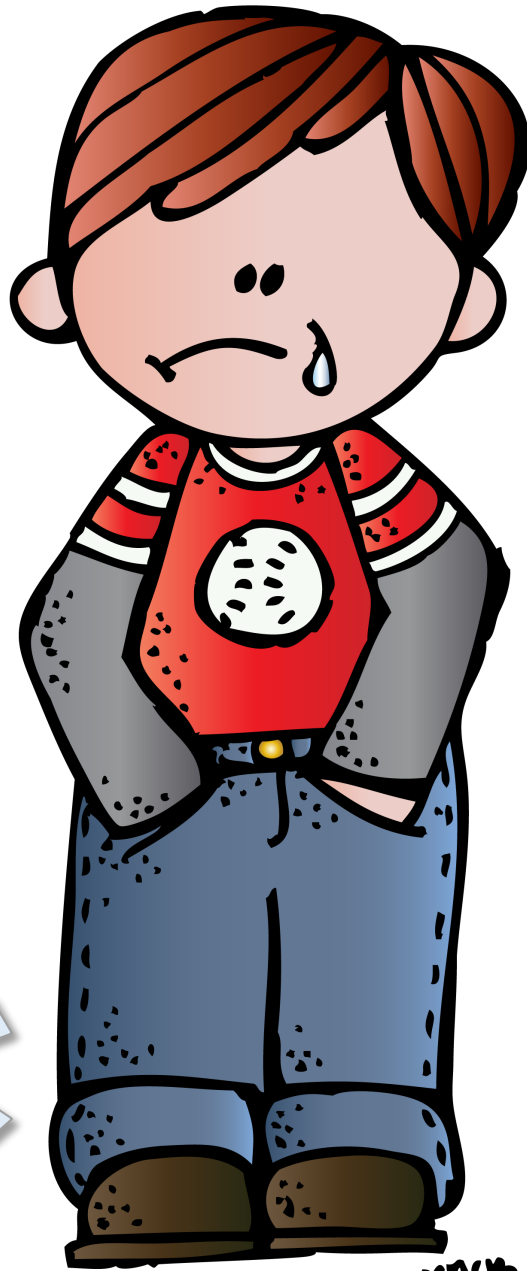
# SOME CONTROL

# BLUE

## Zone

BORED

SAD



Tired

SICK

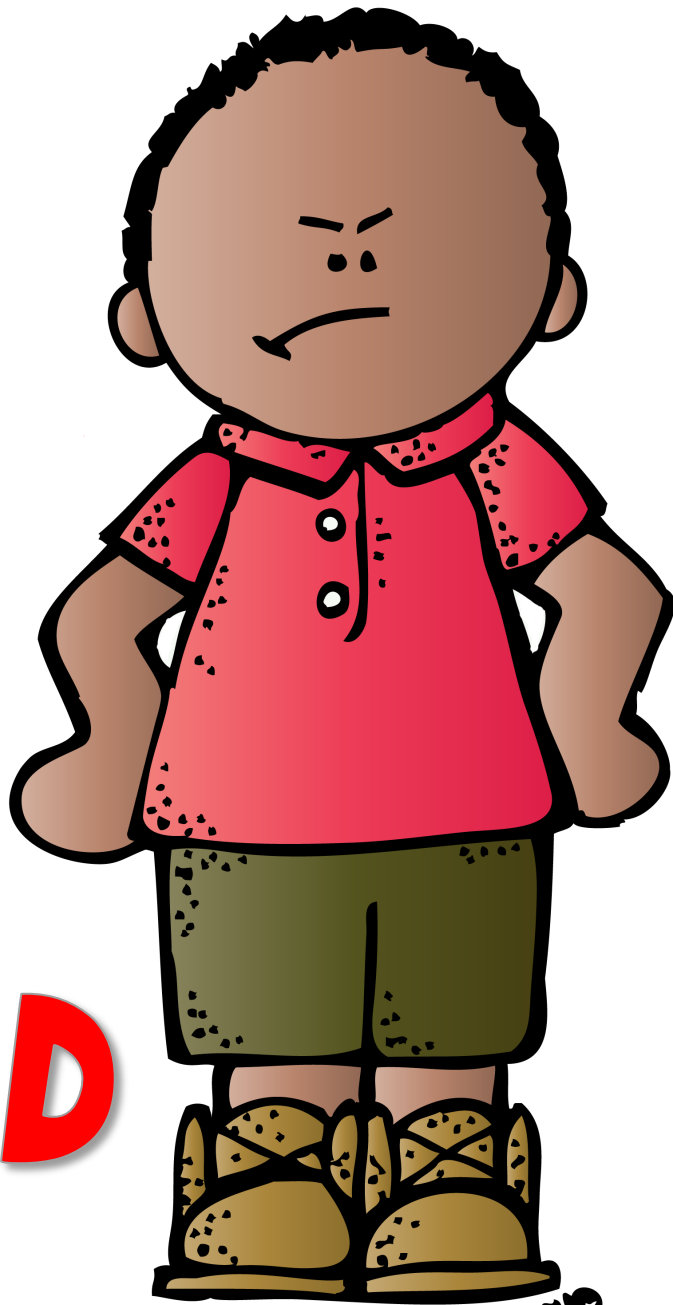
©2005

# MOVING SLOWLY

**RED**

Zone

**ANGRY**



**TERRIFIED**

**MAD**

**OUT OF CONTROL**

# GREEN

Zone



FEELING OKAY

HAPPY

FOCUSED

CALM

READY TO LEARN

# TRIGGERS

Triggers are things that move you out of the green zone. Write your triggers on the sign.

MY TRIGGERS

Once we know our triggers, we can learn the tools to control them.



# ZONES

cut, sort, and paste.

Red zone

Yellow zone

Green zone

Blue zone

# ZONES

cut, sort, and paste.

Happy	nervous	Yelling	Scared	Ready to work.
Focused	Tired	Distracted	calm	helper
wiggly	Hands on	sick	bored	Raising hand
Working quietly	Moving slowly	unfocused	daydream	Arguing


# ZONES

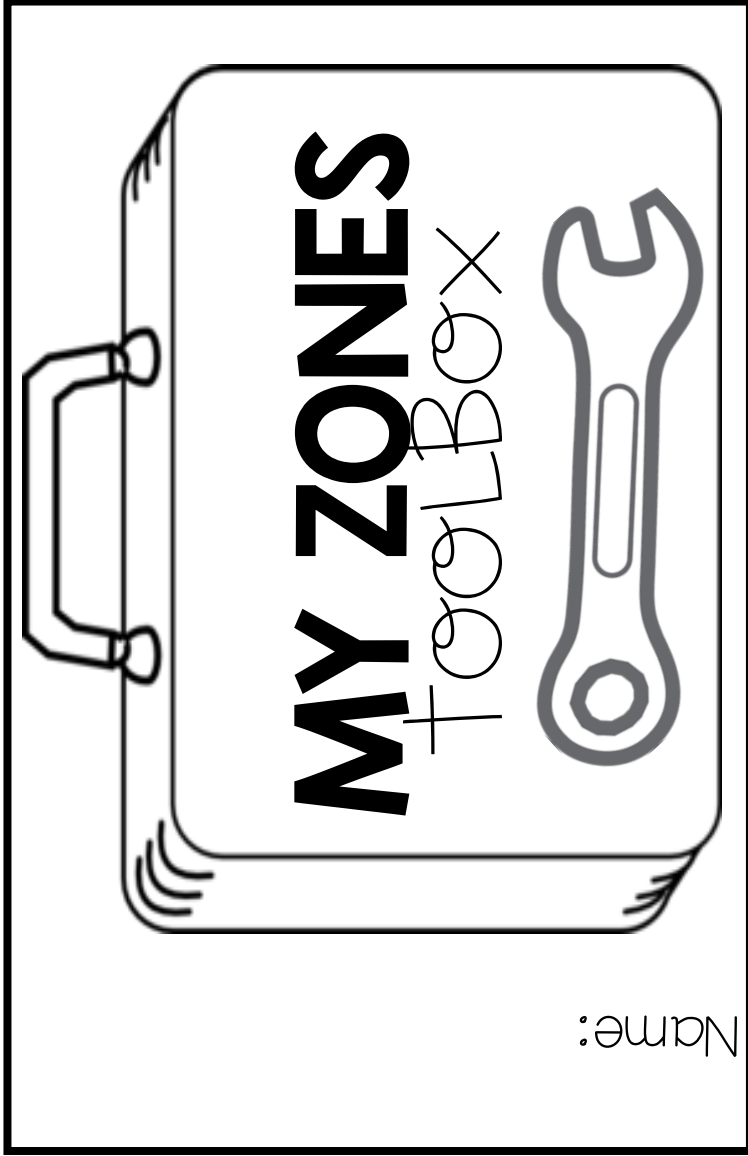
cut, sort, and paste.

Happy	nervous	Yelling	Scared	Ready to work.
Focused	Tired	Distracted	calm	helper
wiggly	Hands on	sick	bored	Raising hand
Working quietly	Moving slowly	unfocused	daydream	Arguing

# ZONES OF REGULATION FLIPBOOK

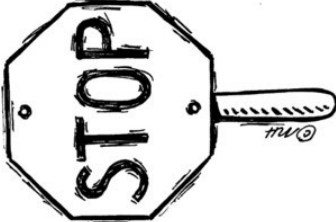
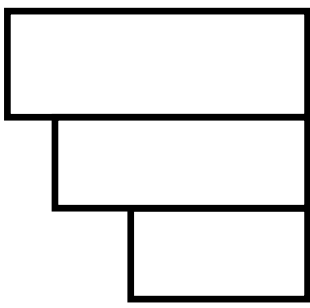

This zones of regulation flipbook is a perfect toolbox for all students which is engaging and helpful for all classrooms. It is simple to make and easy to use! Just cut each page out, line them up on the left, and staple the side.

<p>_____ Name:</p> 	RED TOOLS	YELLOW TOOLS	GREEN TOOLS	BLUE TOOLS
---	-----------	--------------	-------------	------------



Name: \_\_\_\_\_

I NEED TO STOP



DEEP BREATH  
SIZE OF PROBLEM  
TAKE A BREAK

RED TOOLS

SLOW DOWN

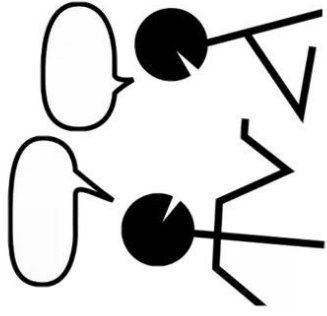
YELLOW TOOLS



DEEP BREATH



HUG



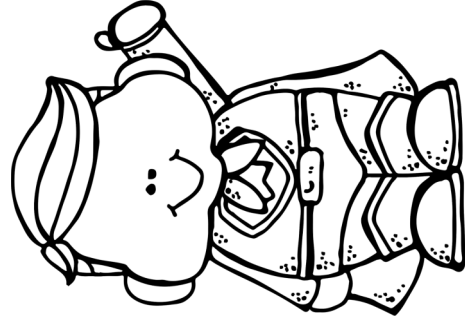
TALK TO AN ADULT



DRAW A PICTURE

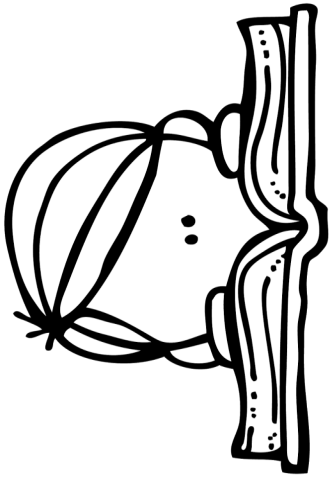


HUG

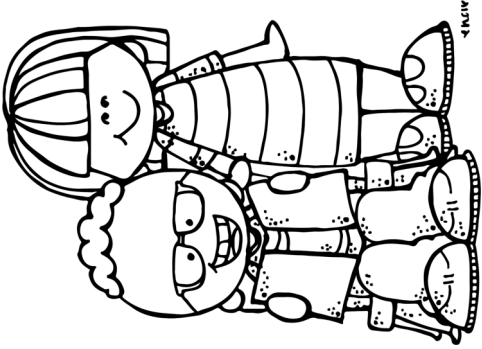


THINK HAPPY THOUGHTS

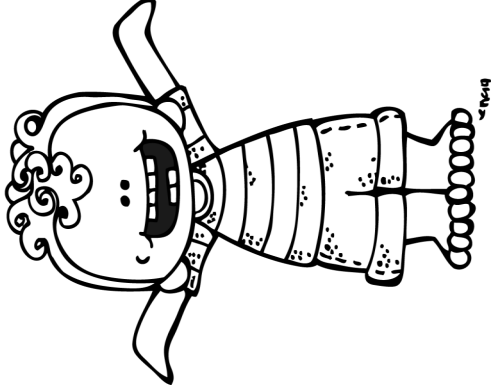
BLUE TOOLS



COMPLETE  
YOUR WORK



HELP  
OTHERS



REACH DAILY  
GOALS

# GREEN TOOLS

WHAT'S  
The Size  
OF YOUR  
PROBLEM

?

The **SIZE** of your **REACTION**  
should match the **SIZE**  
of the **PROBLEM**.



**HUGE**  
**PROBLEM**

**Big**  
**PROBLEM**

**Medium**  
**PROBLEM**

**Little**  
**PROBLEM**


**TINY**  
**PROBLEM**




# TOOL BOX BRACELETS

glue

Take a breath



**Red Zone**  
Toolbox




Take a




Size the problem

glue

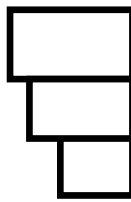
Take a breath



**Red Zone**  
Toolbox




Take a break




Size the problem

glue

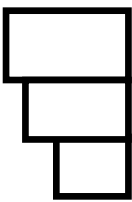
Take a breath



**Red Zone**  
Toolbox




Take a break




Size the problem

glue

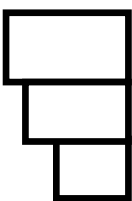
Take a breath



**Red Zone**  
Toolbox



Take a break




Size the problem

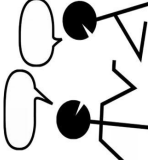
# TOOL BOX BRACELETS

glue


Take a breath



**Yellow Zone**  
Toolbox




Talk to Adult



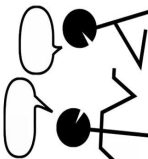
HUG

glue


Take a breath



**Yellow Zone**  
Toolbox




Talk to Adult



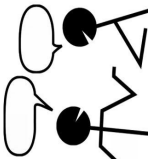
HUG

glue


Take a breath



**Yellow Zone**  
Toolbox




Talk to Adult



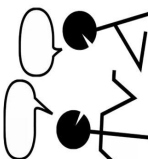
HUG

glue


Take a breath



**Yellow Zone**  
Toolbox



Talk to Adult

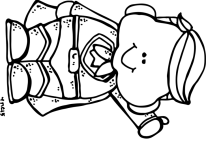


HUG

# TOOL BOX BRACELETS



glue

Think Happy thoughts



**Blue Zone**  
Toolbox

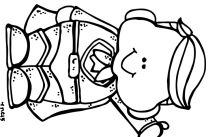
Draw a picture



Hug



glue

Think Happy thoughts



**Blue Zone**  
Toolbox

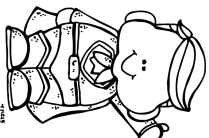
Draw a picture



Hug



glue

Think Happy thoughts



**Blue Zone**  
Toolbox

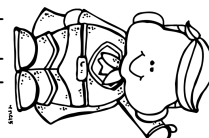
Draw a picture



Hug


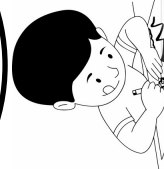
glue

Think Happy thoughts



**Blue Zone**  
Toolbox

Draw a picture

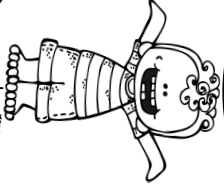


Hug

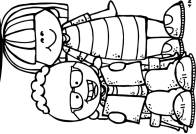
# TOOL BOX BRACELETS

glue


Reach your daily goal



**Green Zone**  
Tool box



Help Others



Complete Work

glue

Reach your daily goal



**Green Zone**  
Tool box



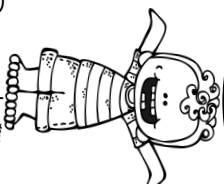
Help Others



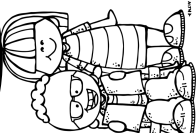
Complete Work

glue


Reach your daily goal



**Green Zone**  
Tool box



Help Others



Complete Work

glue

Reach your daily goal



**Green Zone**  
Tool box

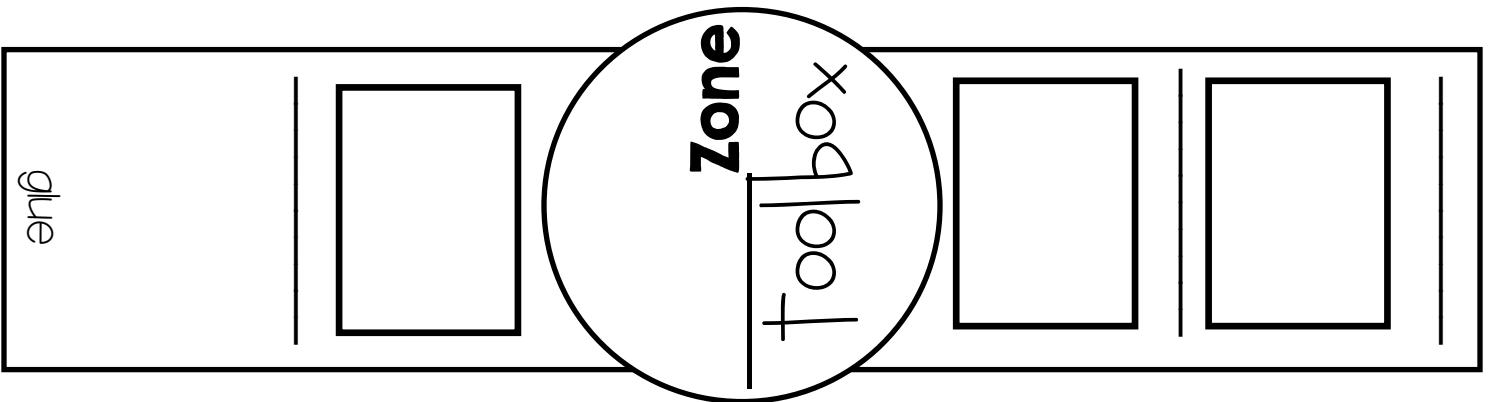
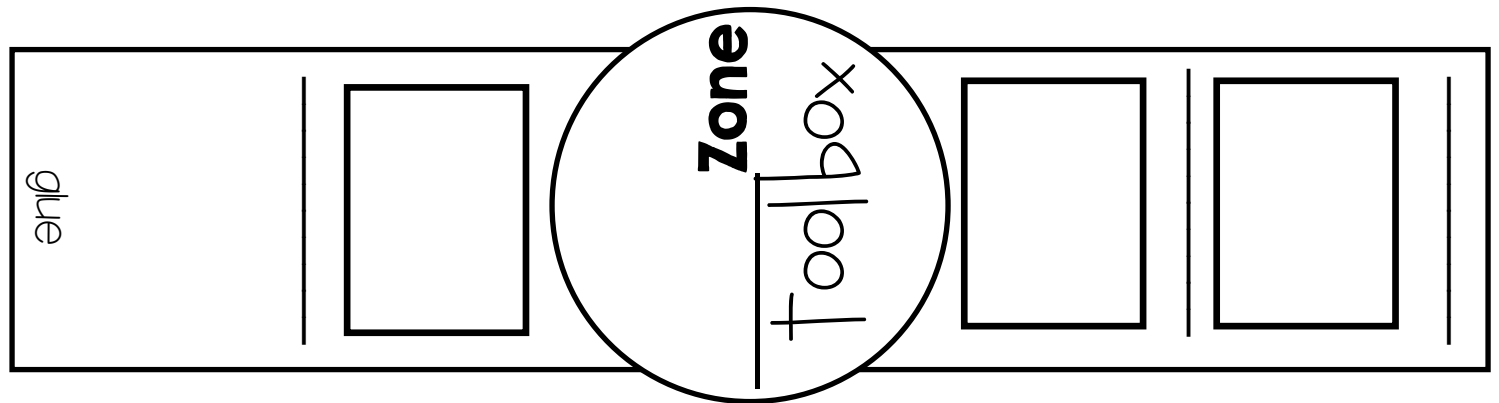
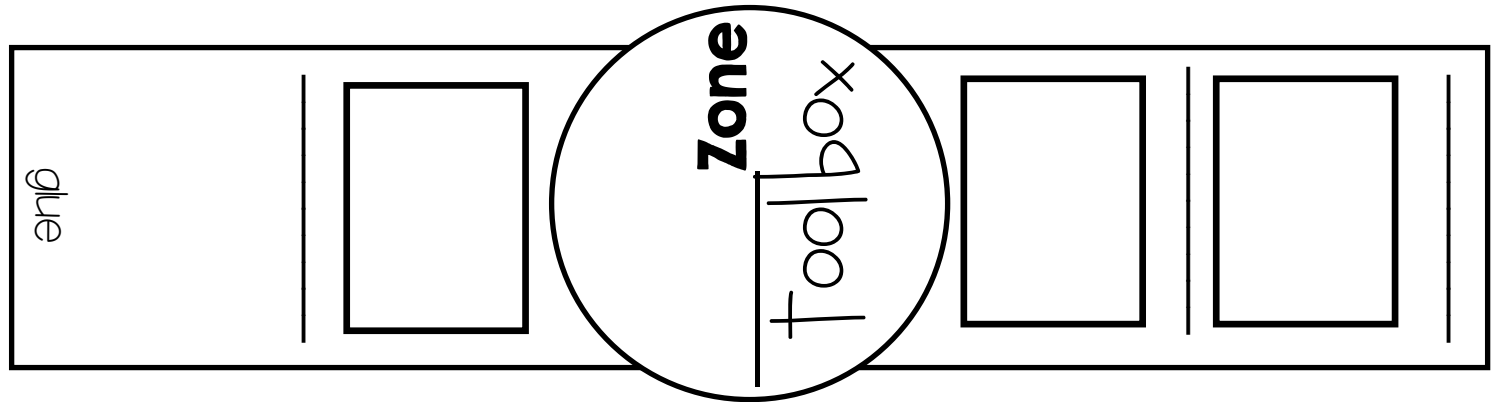
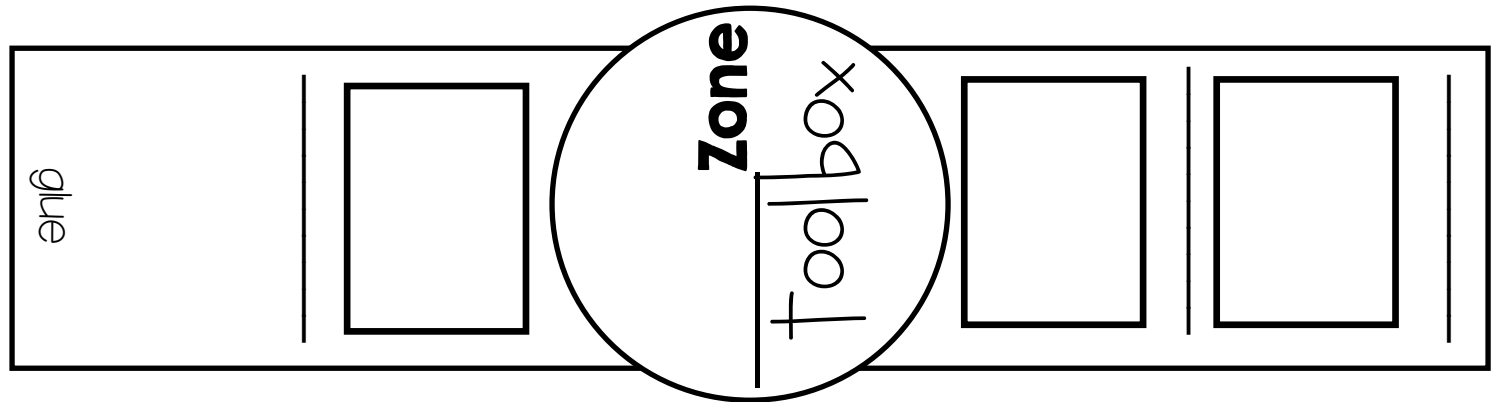


Help Others



Complete Work

# TOOL BOX BRACELETS



# I DID IT!

I used a +tool

to stay in the  
**GREEN ZONE**

Name:

Date:

TOOL that WORKED FOR ME:

---

---

---

---

---

---

---

---

---

---

