

How Do I Feel Right Now?

Check in with your body and choose a tool

THE BLUE ZONE

Sad, Bored, Tired, Sick

- Ask for a hug
- Stretch your body
- Talk to a grown-up
- Take a short rest

THE GREEN ZONE

Happy, Calm, Focused, Proud

- Help a friend
- Keep up the good work
- Smile and breathe
- Share your ideas

THE YELLOW ZONE

Worried, Silly, Frustrated, Nervous

- Slow deep breaths
- Count to ten
- Squeeze a fidget toy
- Take a water break

THE RED ZONE

Angry, Terrified, Out of Control

- Find a quiet safe space
- Wall pushes
- Ask for a break
- Slow "balloon" breathing

Emotional Regulation Daily Tracker â€¢ Practice makes progress.