

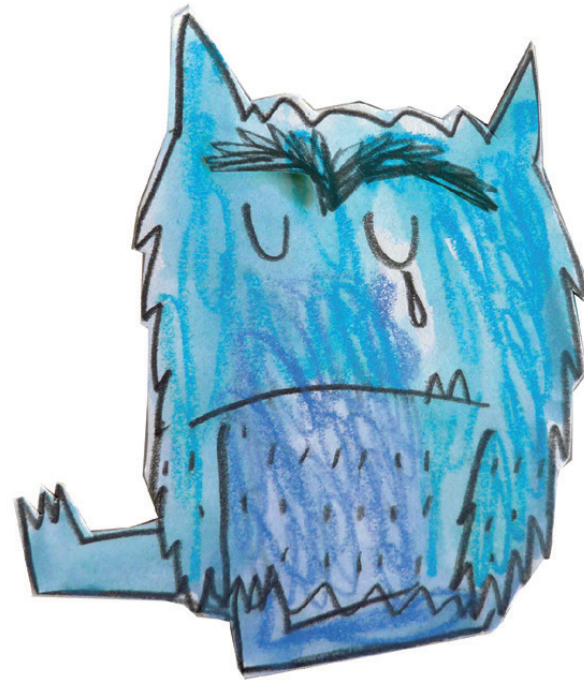
# Zones of Regulation



How are you feeling? Are you ready to learn?

I am  
feeling

THE COLOUR  
MONSTER FEELS...  
**SAD**



UPSET • UNHAPPY

Running Slow

THE COLOUR  
MONSTER FEELS...  
**CALM**



RELAXED • QUIET

Good to Go

THE COLOUR  
MONSTER FEELS...  
**HAPPY**



EXCITED • SILLY

Warning

THE COLOUR  
MONSTER FEELS...  
**ANGRY**



CROSS • FRUSTRATED

Stop

This  
could  
help me



move it zone



drink



talk about it



look at happy  
pictures



listen



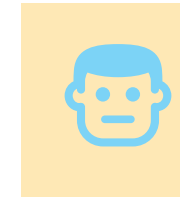
learn



superhero



good choices



calm zone



ask for  
help



drink



5  
5 deep breaths



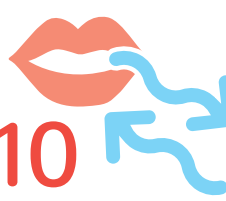
5 minutes



jump 5 times



squeeze cushion



10  
10 deep breaths

How can I make a positive choice today?



# Zones of Regulation



How are you feeling? Are you ready to learn?



Running Slow



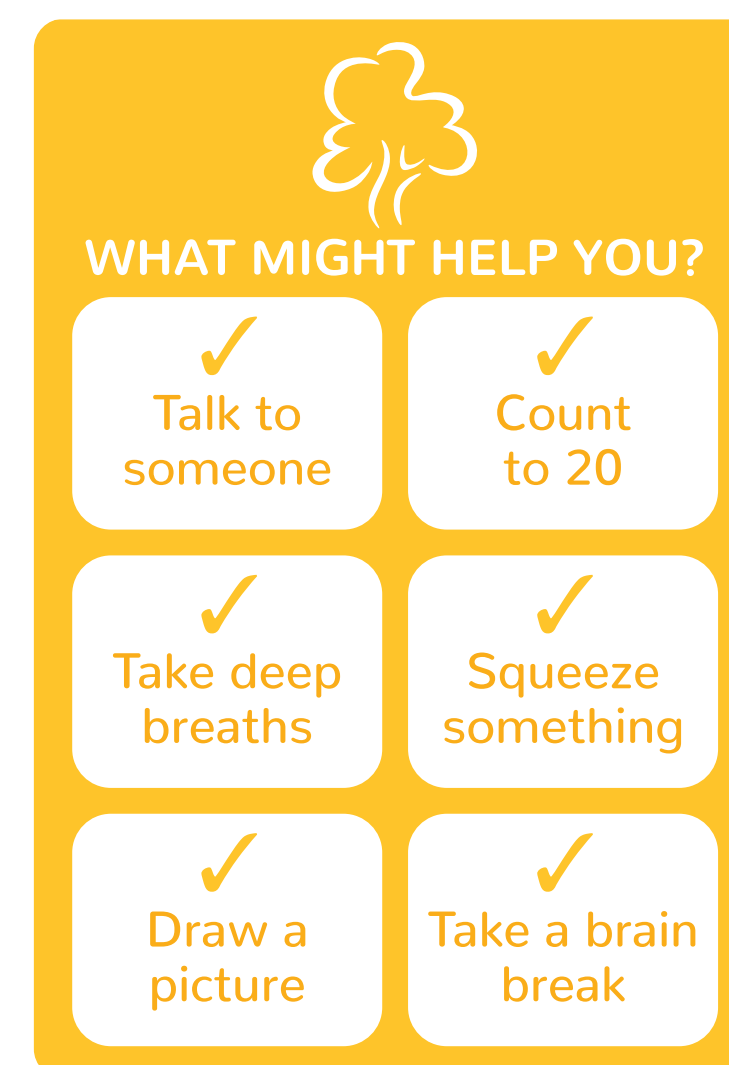
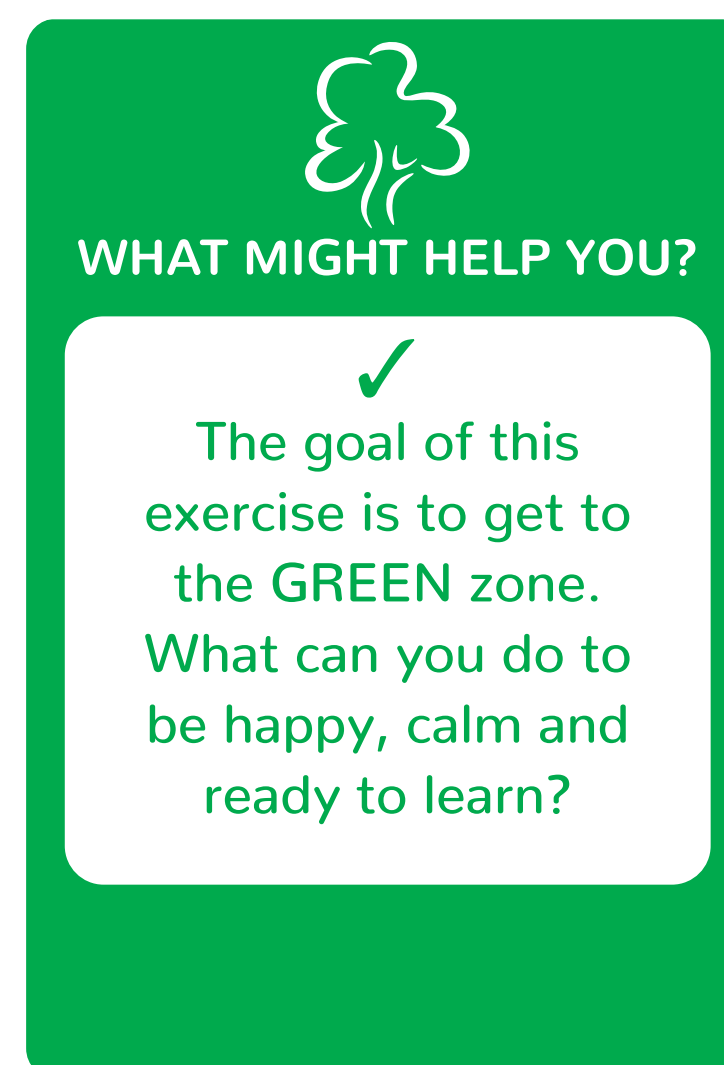
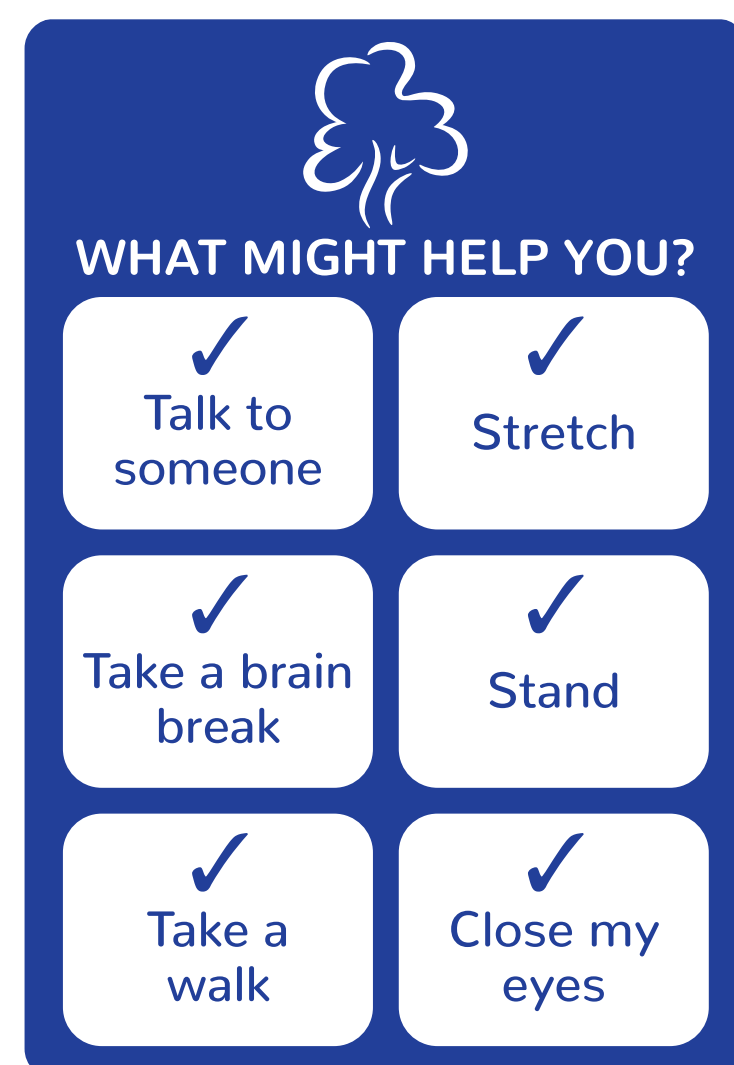
Good to Go



Warning



Stop



How can I make a positive choice today?