



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.