

The ZONES of Regulation® Reproducible Z * Here are a few ideas for a person's (childs) toolbox.
These strategies can be used to move from a blue, yellow, or red zone to a green zone.

_____ 's Toolbox

Blue Zone Tools

Talk to someone

Play with a friend

Go outside/Run

Smile/Think happy

deep breaths

Take a nap

Stretch/stand up

Jump/Ask for help

Green Zone Tools

eye contact

Good body language

Sit up/sit still

Good attitude

Good listener

focused

feeling okay

Paying Attention

Yellow Zone Tools

deep breaths

Positive Self-talk

Ask for help

do your best

Jump Around

Take a nap

Think positive

Calm down

Red Zone Tools

deep breaths

apologize

Quietly stomp feet

hug or talk to

Someone

Count to 10 slowly

color/run

Do something else