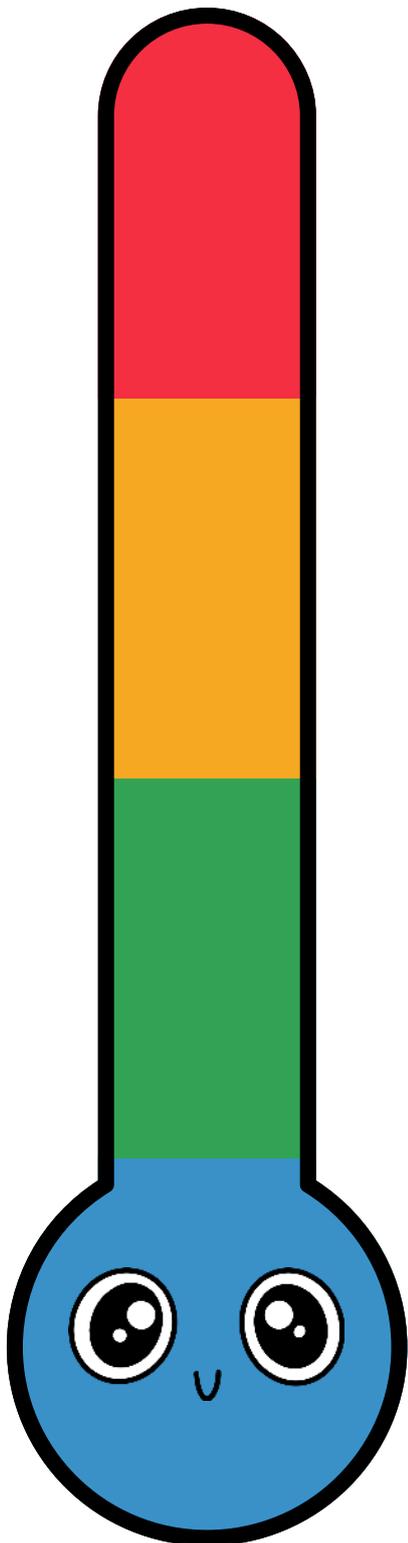


ZONES OF REGULATION THERMOMETER

Write what helps you in each zone in the boxes below.



Red Zone

Amber Zone

Green Zone

Blue Zone

Name:

Date:

Zones of Regulation

Blue Zone

How I Look
Or Act

I sit up straight.
I see and hear everything clearly.
I smile and respond politely.

Needed
Action

Keep it up. You are
doing great.

Green Zone

I slouch and sigh.
I yawn with eyes half-closed.
I move slowly.

Pay attention more.
Be energized.

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.

Name: _____ Date: _____

Emotions and Feelings Check-In

Understanding our emotions and being able to express them is an important part of emotional health. Use this worksheet to check in with yourself regularly and reflect on your current feelings.

- How am I feeling right now? (Circle all that apply)



Happy



Hopeful



Excited



Sad



Angry



Tired

- Other: _____

- Why do I feel this way?

- What can I do about it? (If I want to keep feeling this way or If I want to change my mood, what can I try?)

Self-Care Plan

- One thing I can do to take care of myself today

- What did I learn about myself today?

Name: _____

Date: _____

IDENTIFYING TRIGGERS

Which of the following makes you feel angry?

- Someone says you did something wrong.
- Someone belittles you.
- You want something you cannot have.
- Someone shouts at you.
- You are told you can't do something right.
- Someone doesn't agree with you.
- You are unable to finish your task.
- You are feeling left out.
- There are too many people.
- There's too much noise.
- Someone is disturbing you.
- There's too much homework.
- There's too much housework.
- Someone criticizes you.
- Someone hurts you.
- Someone threatens you.



Name/Class: _____

Date: _____

CALMING STRATEGIES

Try each of the calming strategies.

Circle the one that worked best for you today.

BREATHING



Take slow, deep breaths. Inhale for 4 seconds, hold for 4, exhale for 4.

COUNTING



Count slowly from 1 to 20 to help your mind relax.

DRAWING



Draw something that makes you feel calm or happy.

STRETCHING



Gently stretch your arms and legs for half a minute.

Which calming strategy worked best for you today?

WHAT MAKES ME CALM

Draw or write about four things that help you feel safe, calm or happy

