

Print and cut out these cards and then on the back you can write 3 strategies to help you if you feel in this zone:

## Blue Zone



**Moving Slowly**  
**Tired**  
**Sick**  
**Sad**  
**Bored**

## Green Zone




**Ready to Learn**  
**Feeling Okay**  
**Happy**  
**Calm**  
**Focused**

## Yellow Zone



**Loss of Some Control**  
**Frustrated**  
**Excited**  
**Worried**  
**Stits**

## Red Zone



**Out of Control**  
**Elated**  
**Terrified**  
**Yelling/Hitting**  
**Mad/Angry**