

Get me to green

1

Self-regulation

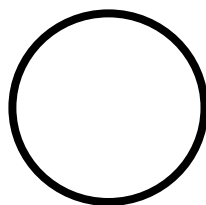
2

1	What am I feeling now?
2	What do I want to feel?
3	How can I get myself there?
4	Where am I now?

3

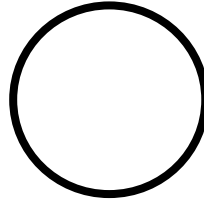
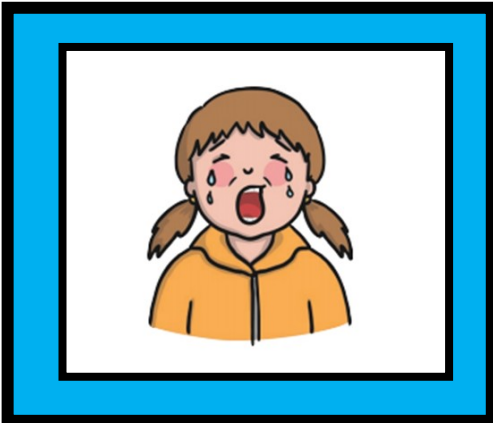
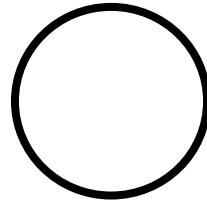
4

1

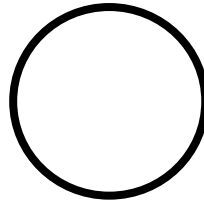
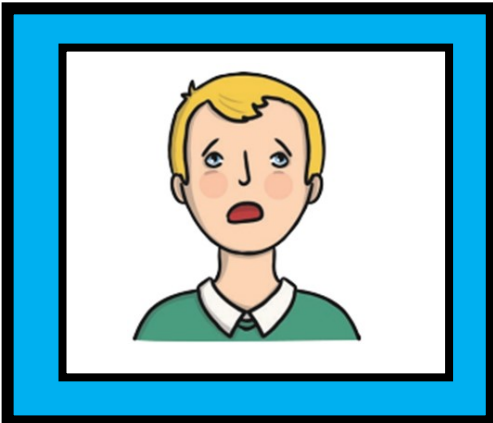


What zone am I in now?

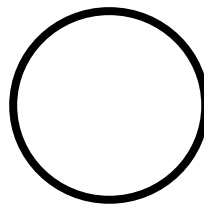
I am feeling...



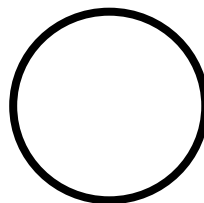
Sad



Worried

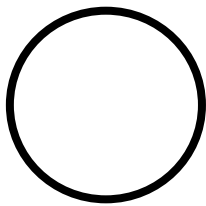
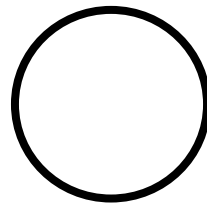


Sick

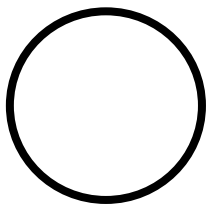


bored

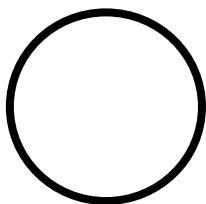
I am feeling...



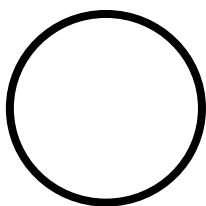
Calm



Happy



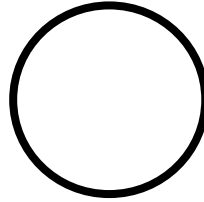
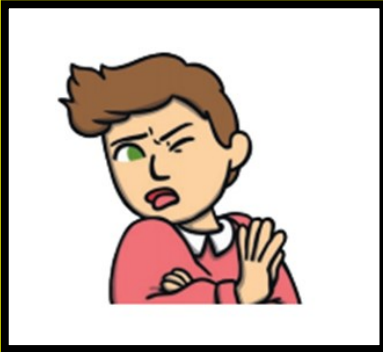
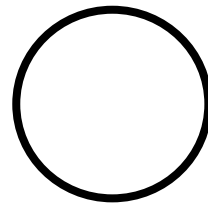
Ok



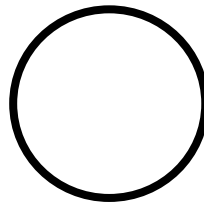
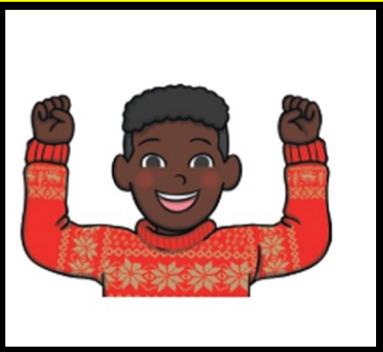
Ready to learn



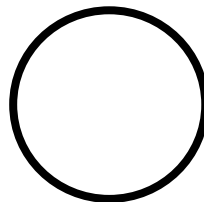
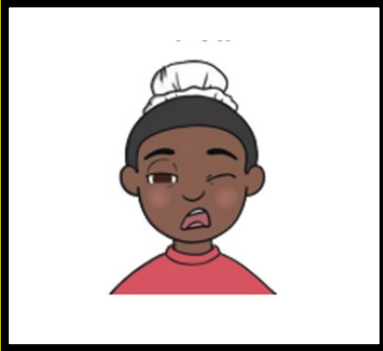
I am feeling...



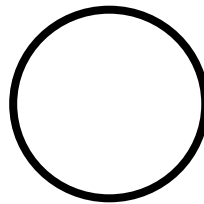
frustrated



hyper

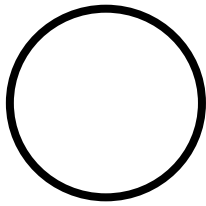
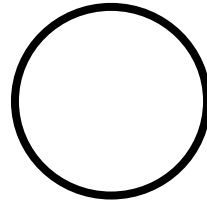


silly

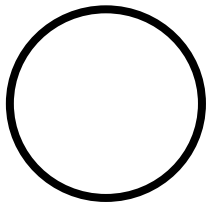


upset

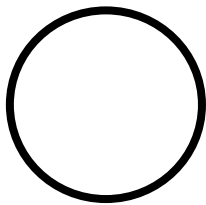
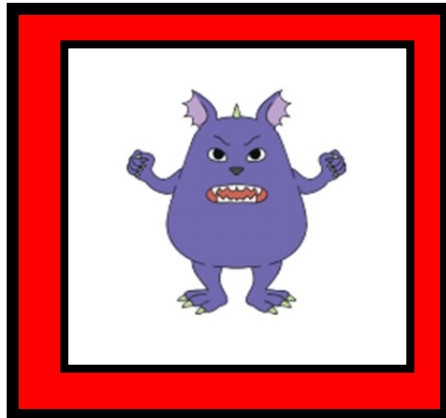
I am feeling...



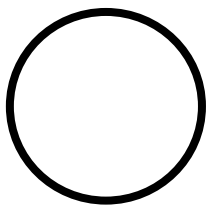
hitting



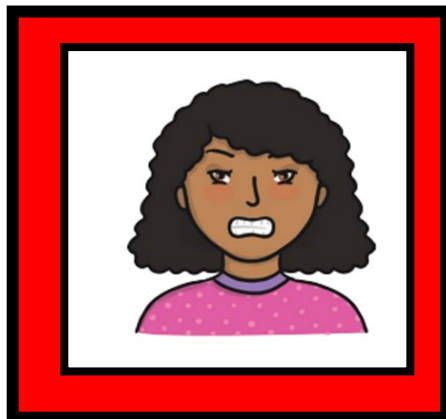
shouting



angry



furious

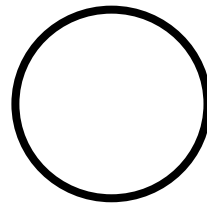


<div data-bbox="379 934 1000 1317"><div data-bbox="738 952 941 1149"></div><p data-bbox="400 1137 868 1267">What zone do I want to be in?</p></div>	

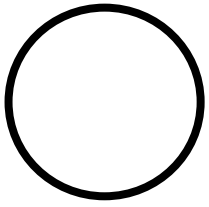
2



**How can I
get myself
there?**

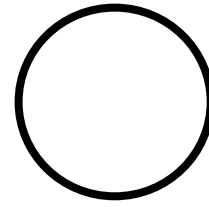


3



Counting to 10

1, 2, 3, 4, 5, 6, 7, 8, 9, 10



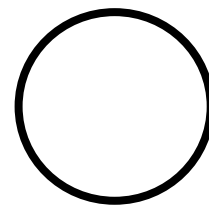
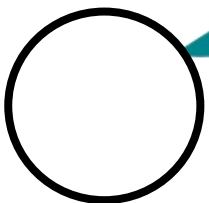
Breathing like the ocean

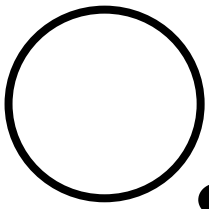


Doing 5 minutes of exercise

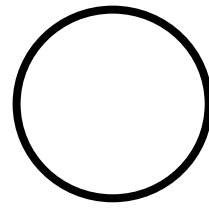


Completing a job





**Saying out
loud 2 things I
am proud of**



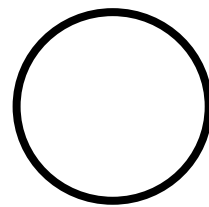
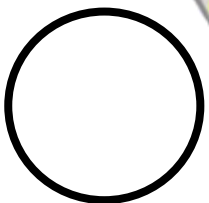
Have a snack

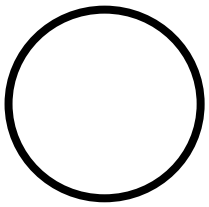


**Draw a
picture**

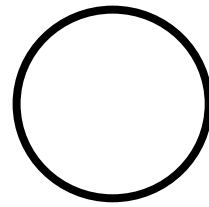


**Pushing up
against a wall**





**Have a drink
of water**



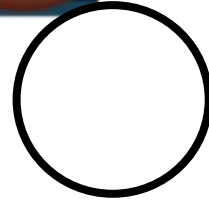
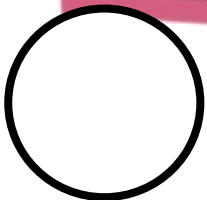
**Splash water
on my face**

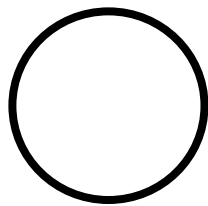


**Take an item
from my tool**



**Speak to an
adult**





What zone am I in now?

4

Next time I could...



Walk away

Ignore it

Tell an adult

Think first

53 Velcro tabs

Walk away

Ignore it

Tell an adult

Think first





