

Emotion Coaching Zones- Zones of regulation

Now, let's get ourselves into The Green Zone using one of the Green Zone tools...

Blue Zone	Green Zone	Yellow Zone	Red Zone
 Sad	 Calm	 Frustrated	 Angry
 Tired	 Happy	 Worried	 Terrified
I can try... movement talk to someone drink go for a walk 	I can try... drink help others my sensory tools 	I can try... breathe squeeze count sensory circuit draw 	I can try... take a break deep breathing safe space my sensory tools 

Who can name the different zones?