

Blue

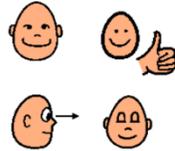
Zone Strategies



- Jump
- Bounce
- Run
- Jumping jacks
- Talk to an adult
- Talk about your feelings
- Ask for a hug or hug a teddy
- Rub hands together
- Stretching
- Drink water
- Listening to music
- Smell some strong scents to wake you up
- Go for a walk
- Think about happy thoughts
- Swinging or spinning

Green

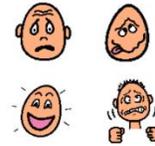
Zone Strategies



- Smile
- Read
- Talk to an adult
- Positive self-talk
- Keep your eyes on the teacher
- Remember your daily goals
- Think happy thoughts
- Be a good friend
- Help others
- Keep working hard
- Enjoy the feeling the Green Zone gives you

Yellow

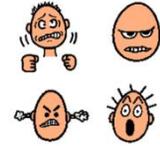
Zone Strategies



- Jump
- Bounce
- Run
- Jumping jacks
- Listen to music
- Go for a walk
- Deep Breathing (use the breathing strategies in the calm corner of your classroom)
- Ask your teacher if you can carry heavy objects
- Ask your teacher if you can push heavy objects
- Take a break in the calm corner
- Fidget with a stress ball
- Talk to a teacher, parent/carer or friends
- Do a wall push up
- Read
- Stretch and think nice thoughts
- Do some mindfulness activities
- Drink some water
- Ask for a hug or hug a teddy

Red

Zone Strategies



- Count to 20 slowly
- Walk away
- STOP!
- Deep breathing (use the breathing strategies in the calm corner of your classroom)
- Use the calm corner activities
- Blow on the windmill in the calming corner
- Use the sensory bottle and take deep breaths while you watch the glitter float to the bottom.
- Use the mindfulness activities that are in the calm area.
- Do a wall push up
- Fidget with a stress ball
- Drink some water
- Ask your teacher if you can carry heavy objects
- Ask your teacher if you can push heavy objects
- Ask for a hug or hug a teddy
- Smell some scents to help calm you down.