MY SELF REGULATION TOOLS

REST

Sad, tired, bored feeling slow.

When I am in the blue zone I can

GO

Happy, calm, focused, ready to learn.

When I am in the green zone I can

SLOW

Nervous, worried, excited, frustrated.

When I am in the yellow zone I can

STOP

Angry, scared, panicked, upset.

When I am in the red zone I can

© Be Happy Resources