

Zones of regulation.

Blue zone



Have you tried...
Head, shoulders,
knees & toes
You know what you need
to do here!

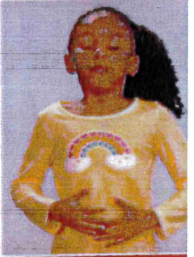


Red zone



Have you tried...
Belly Breathing

Link your hands on your tummy
and feel your breath go in and
out of your body.



Yellow zone



Have you tried...
Tap to 10 and back

Tap with your fingers while
counting to 10 anywhere on
your body.



Green zone



Have you tried...
Proving it with a smile

