



This book belongs to:



Know your zones of regulation

	Blue Zone	Green Zone
How I Look Or Act	<p>I slouch and sigh.</p> <p>I yawn with eyes half-closed.</p> <p>I move slowly.</p>	<p>I sit up straight.</p> <p>I see and hear everything clearly.</p> <p>I smile and respond politely.</p>
Needed Action	<p>Pay attention more.</p> <p>Be energized.</p>	<p>Keep it up. You are doing great.</p>
	Yellow Zone	Red Zone
How I Look Or Act	<p>I squirm and fidget in my seat.</p> <p>I cannot pay attention.</p> <p>I frown and seldom talk.</p>	<p>I glare and my eyebrows are furrowed.</p> <p>I scream or yell.</p> <p>I stomp angrily.</p>
Needed Action	<p>You need to go back to the green zone.</p>	<p>Use strategies to calm down.</p>

Below are things you can do when you are in a specific zone.
Read them carefully and color each box based on the zone where they belong.

<p>I can play and enjoy the outdoors.</p> <p>I can read and study.</p> <p>I can help a friend.</p> <p>I can list down why I feel good to help cheer me up when I'm not okay.</p>	<p>I can get a drink of water.</p> <p>I can sit up straight.</p> <p>I can take a short walk.</p> <p>I can tell someone how I feel.</p>	<p>I can stop whatever I am doing.</p> <p>I can step back and think.</p> <p>I can ask for a break.</p> <p>I can ask for help.</p>	<p>I can close my eyes and count to 20.</p> <p>I can take deep breaths.</p> <p>I can think of a place where I feel safe.</p> <p>I can write, talk, or draw about what I feel.</p>
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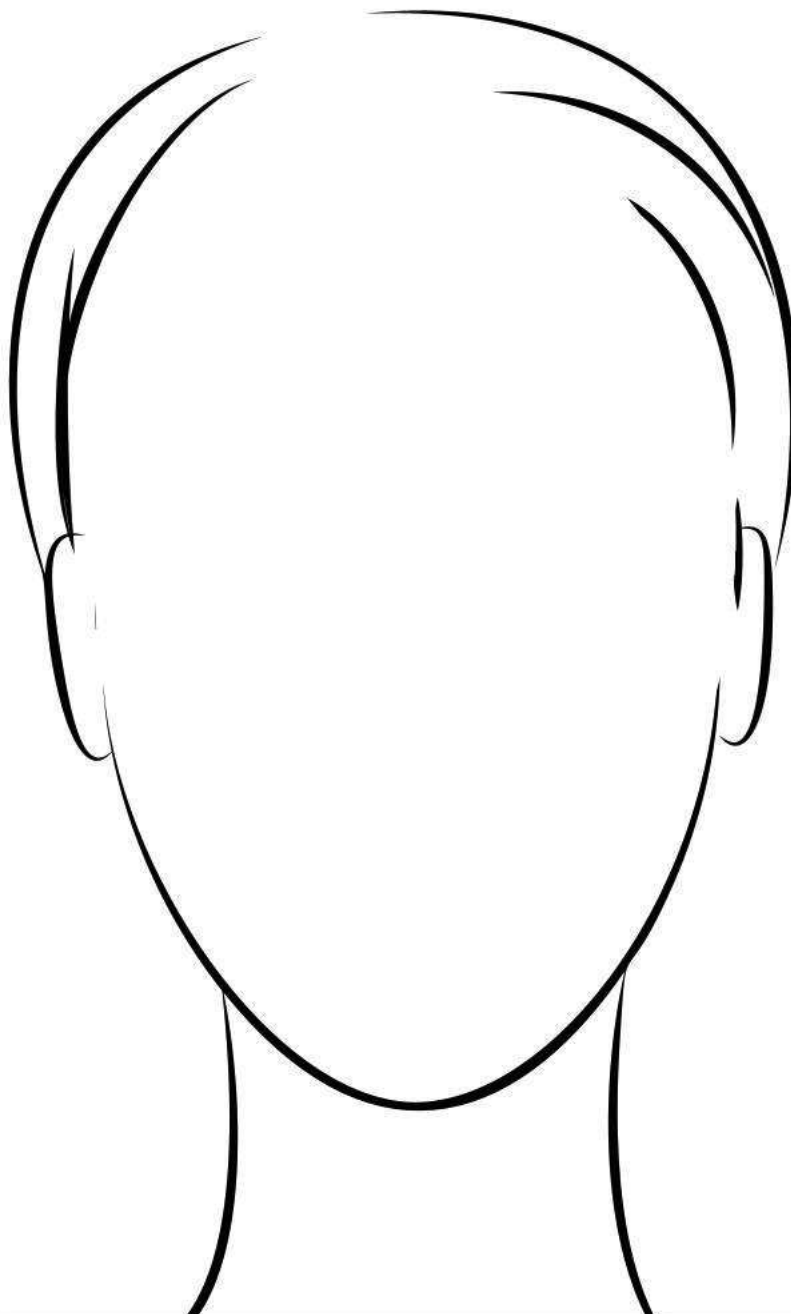


Know your overall mood

Artists often paint how they feel. They use bright colors when they feel happy or excited.

Some use thick, heavy lines when they're sad or angry.

After looking at some of the artworks in class, create your own mood portrait below. Use different lines, colors, and shapes, and decorate the head to express how you feel.

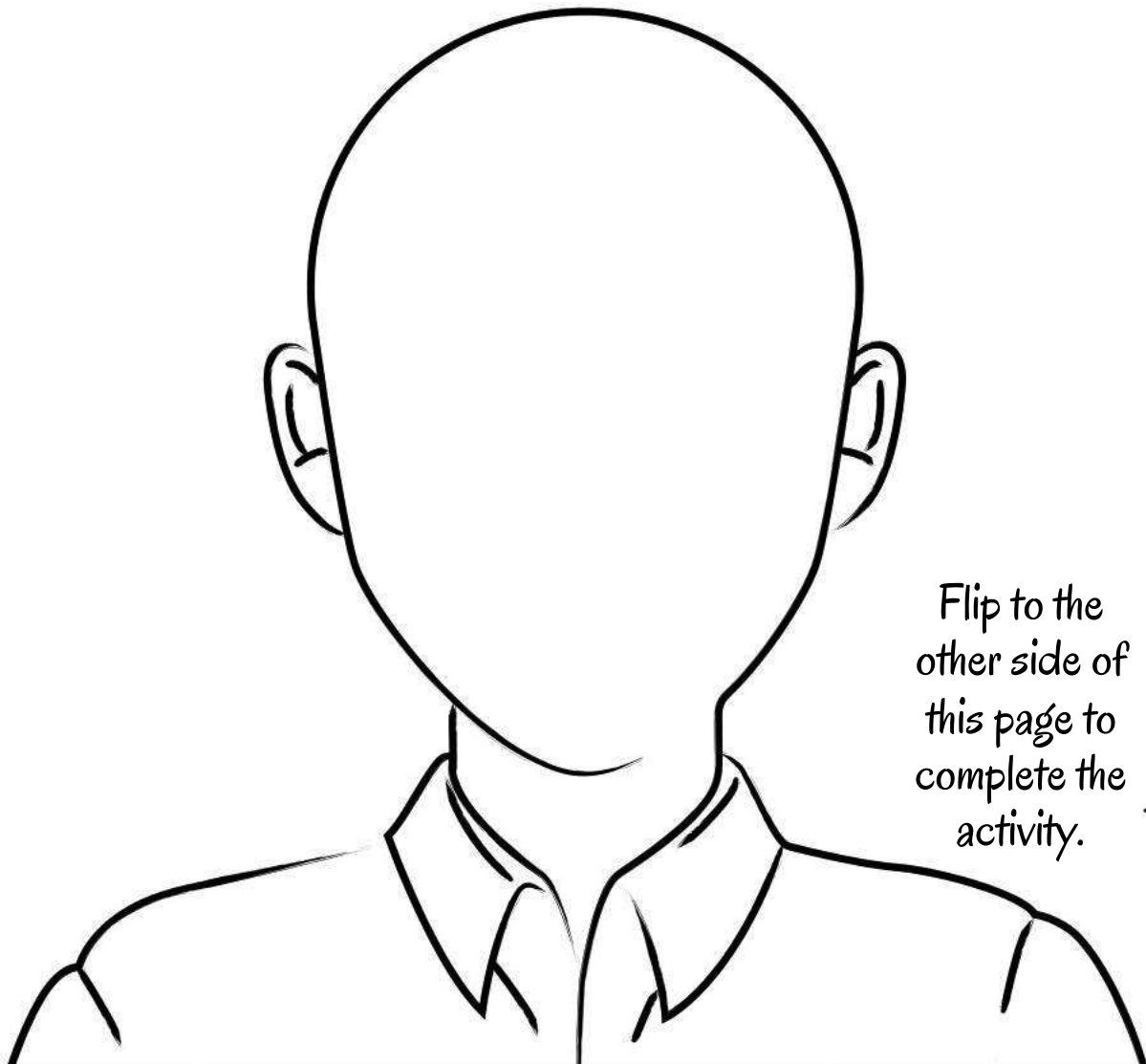




A peek inside your mind

Draw your face here, and then lift the
fold to reveal your thoughts!

My name is:

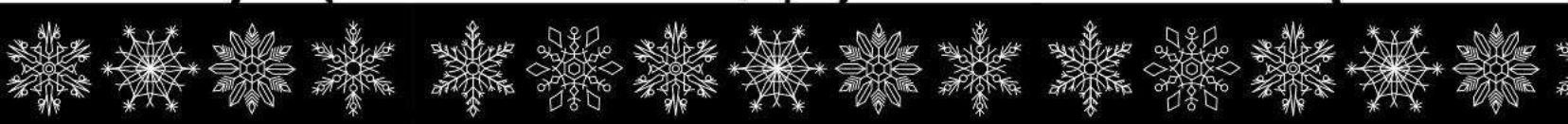
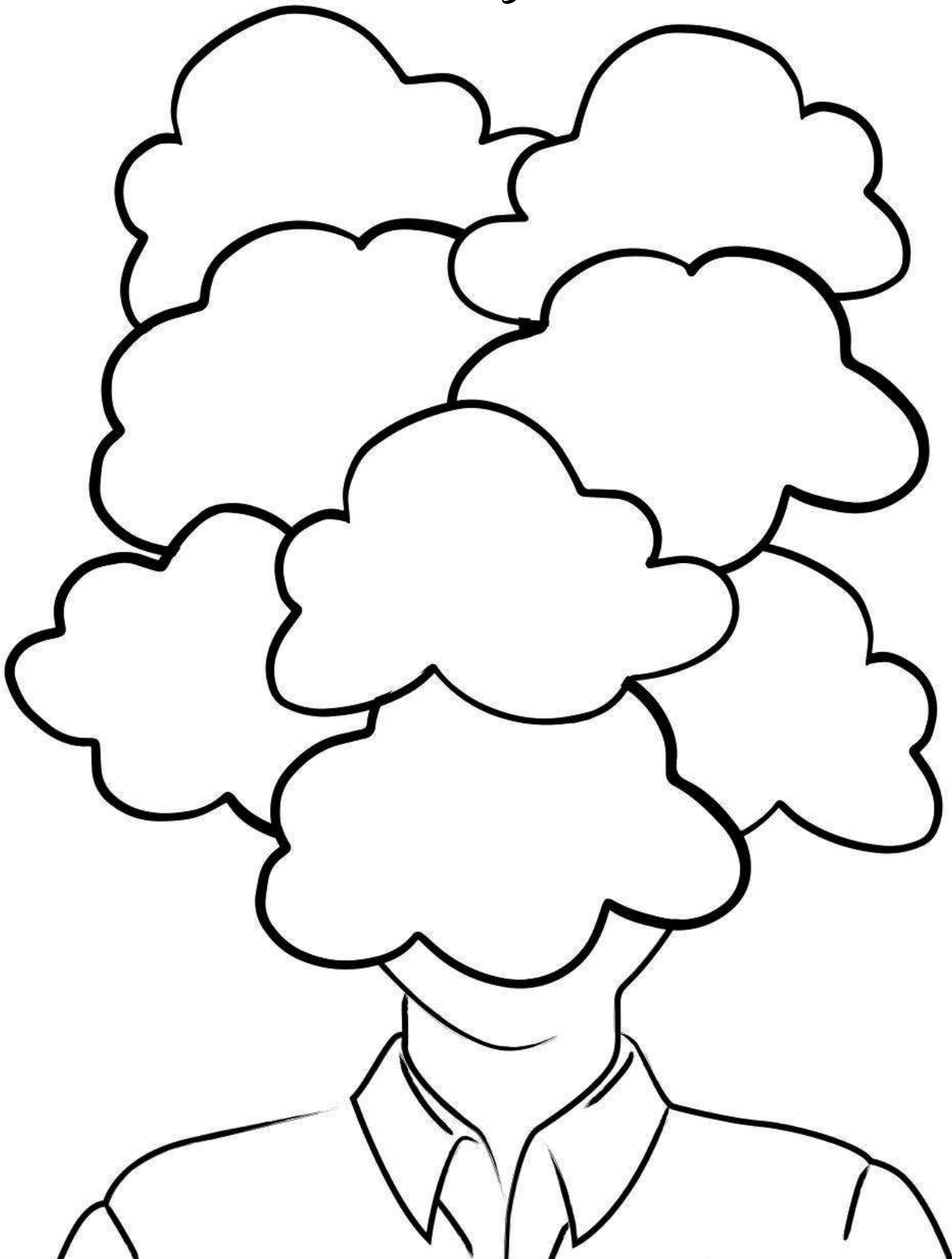


Flip to the
other side of
this page to
complete the
activity.





*In these clouds, write down all of your thoughts and feelings that are having.
They can be happy thoughts, sad thoughts, worried thoughts, excited
thoughts!*

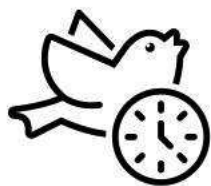




Effective ways to boost your mood



1 have enough sleep



2 wake up earlier



3 spend more time with family



4 do more exercise



5 smile to the first stranger
you see

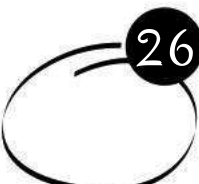
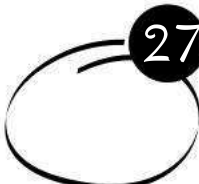
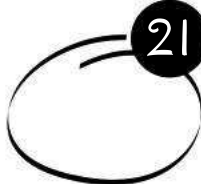
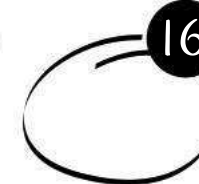
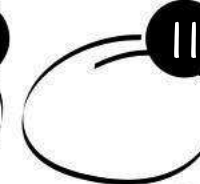
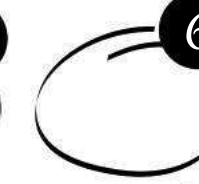
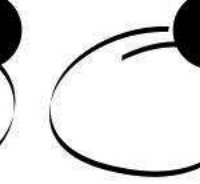
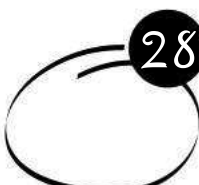
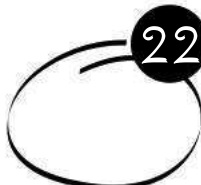
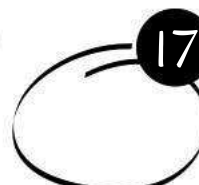
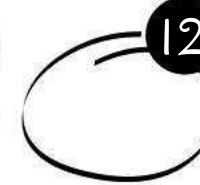
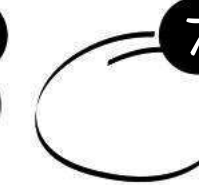
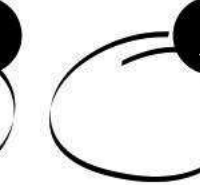
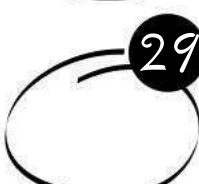
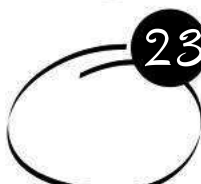
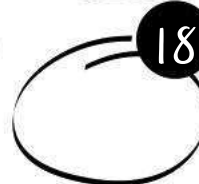
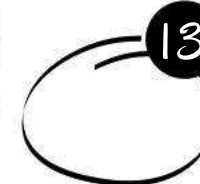
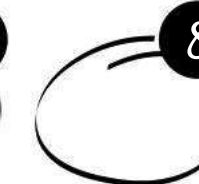
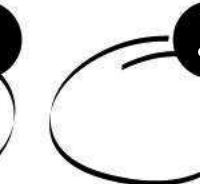
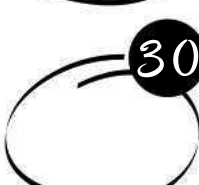
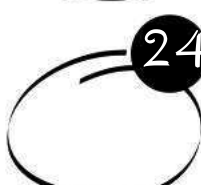
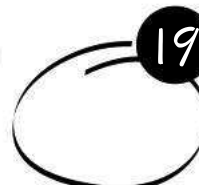
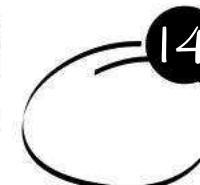
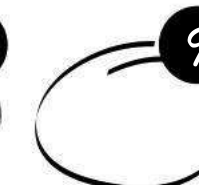
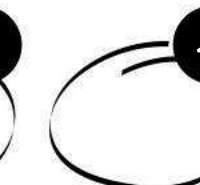
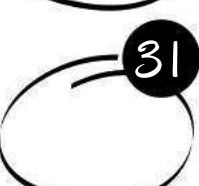
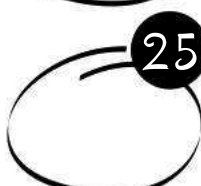
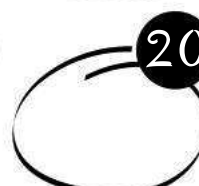
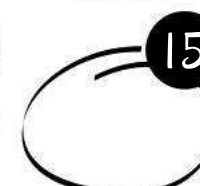
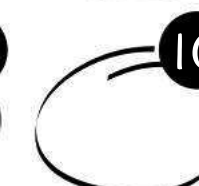
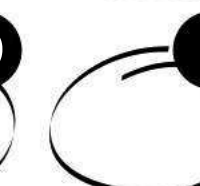


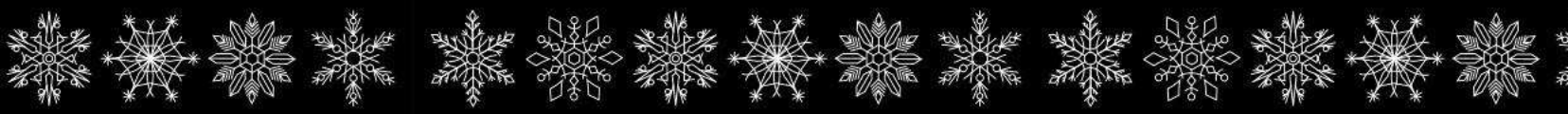


Monthly mood tracker

Stressed  Angry  Happy  Sad 

Fill the circles with the symbol that matches your mood for each day.






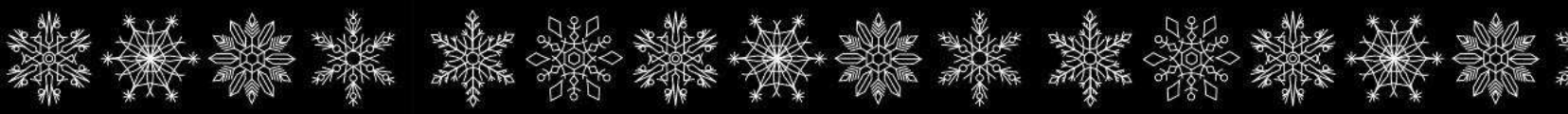
My week of emotions

Our emotions can be divided into four zones: blue, green, yellow, and red. We always try to stay or go back to the green zone and avoid the red zone.

Fill out the calendar below for an overview of the zones you go through in a week.

<p>SUNDAY</p> <p>Today I felt:</p> <hr/> <p>To stay in the green zone, I tried to:</p> <hr/> <hr/>	<p>MONDAY</p> <p>Today I felt:</p> <hr/> <p>To stay in the green zone, I tried to:</p> <hr/> <hr/>	<p>TUESDAY</p> <p>Today I felt:</p> <hr/> <p>To stay in the green zone, I tried to:</p> <hr/> <hr/>	<p>WEDNESDAY</p> <p>Today I felt:</p> <hr/> <p>To stay in the green zone, I tried to:</p> <hr/> <hr/>
<p>THURSDAY</p> <p>Today I felt:</p> <hr/> <p>To stay in the green zone, I tried to:</p> <hr/> <hr/>	<p>FRIDAY</p> <p>Today I felt:</p> <hr/> <p>To stay in the green zone, I tried to:</p> <hr/> <hr/>	<p>SATURDAY</p> <p>Today I felt:</p> <hr/> <p>To stay in the green zone, I tried to:</p> <hr/> <hr/>	

ZONES OF REGULATION	Low energy and motivation to participate	Attentive and feeling positive overall	Uncomfortable and needs to focus	Full of negative emotions and may react harshly
	Blue	Green	Yellow	Red





My weekly mood tracker

Activity	Notes:						
	S	T	W	T	F	S	M
Wake up earlier							
Eat healthy breakfast							
Focus on completing the task							
Stay hydrated							
Keep Smiling							
Sleep early							





My weekly notes

List

Quotes

<p>Grid of dots for List notes.</p>	<p>Grid of dots for Quotes notes.</p>
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Notes





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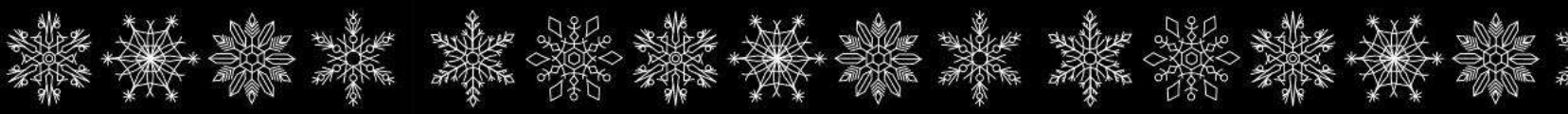
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Today I felt:	Today I felt:	Today I felt:	Today I felt:
To stay in the green zone, I tried to:	To stay in the green zone, I tried to:	To stay in the green zone, I tried to:	To stay in the green zone, I tried to:

THURSDAY	FRIDAY	SATURDAY
Today I felt:	Today I felt:	Today I felt:
To stay in the green zone, I tried to:	To stay in the green zone, I tried to:	To stay in the green zone, I tried to:



ZONES OF REGULATION	Low energy and motivation to participate	Attentive and feeling positive overall	Uncomfortable and needs to focus	Full of negative emotions and may react harshly
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