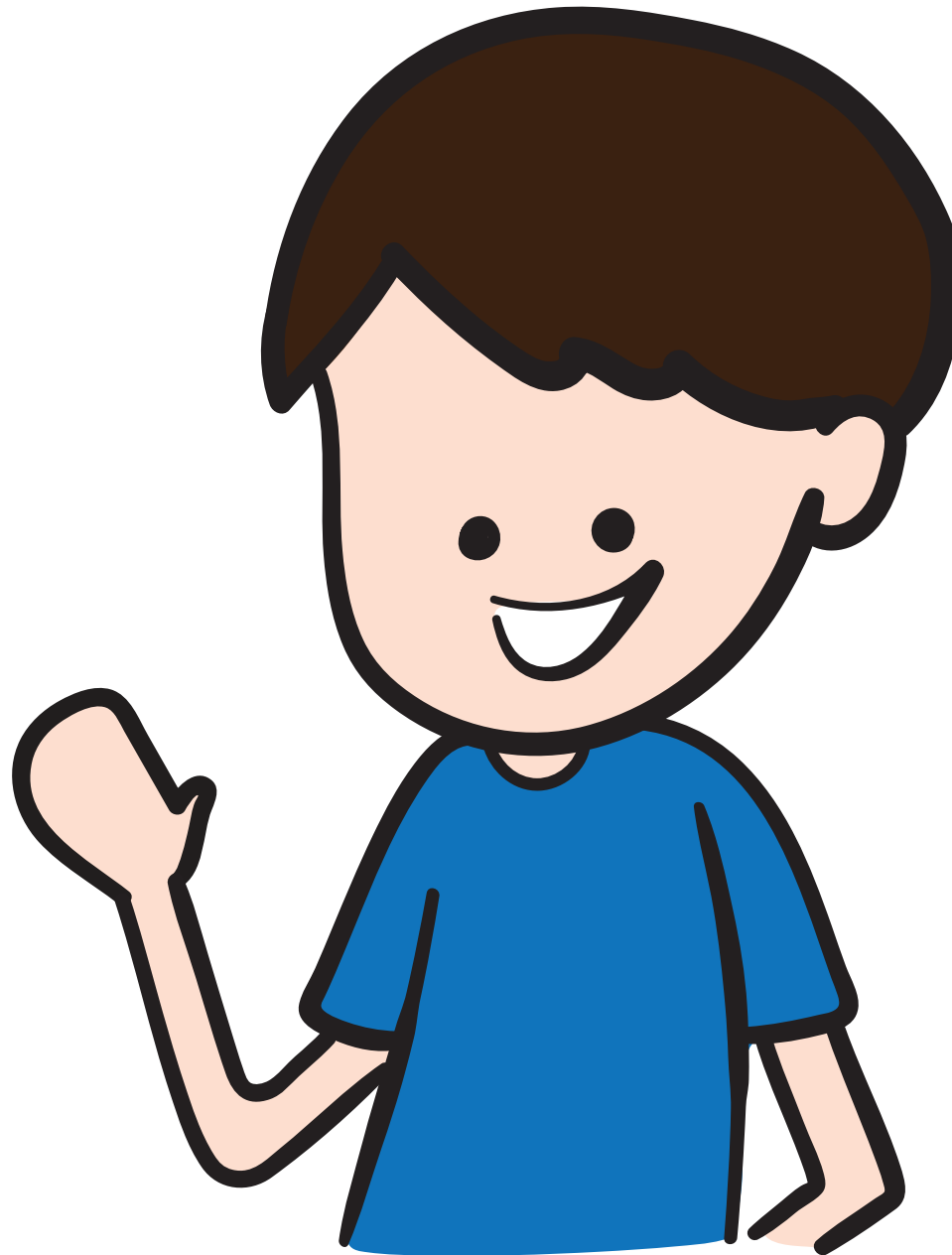
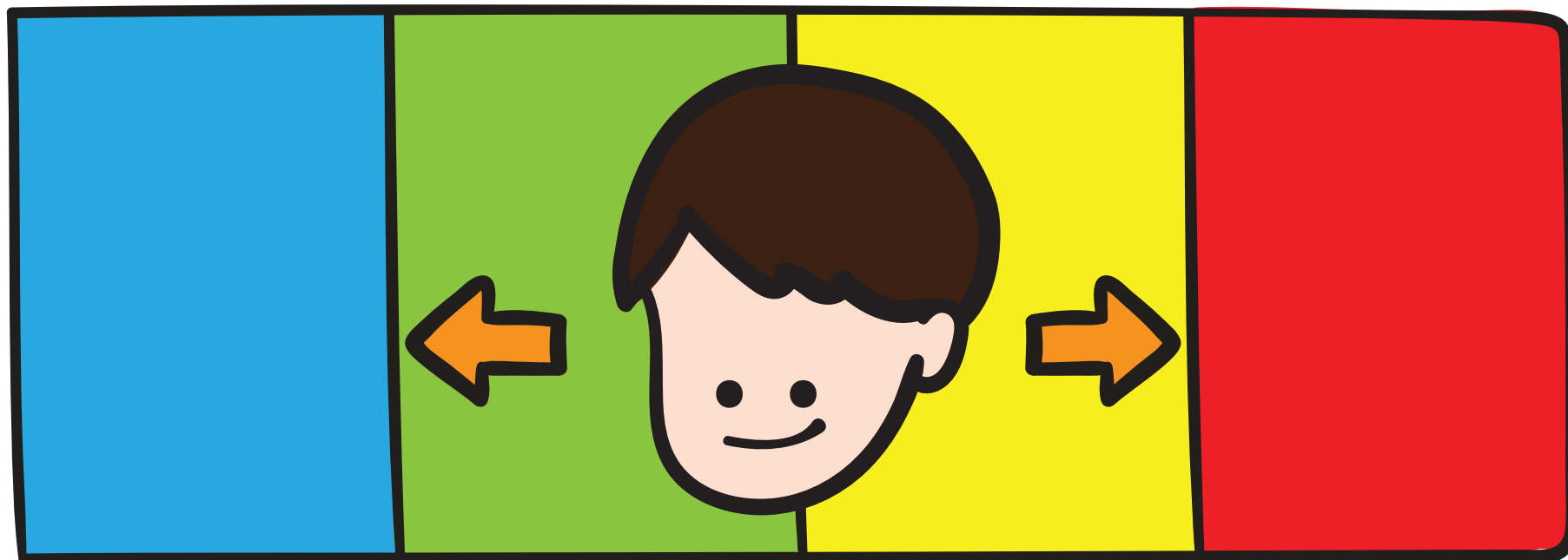


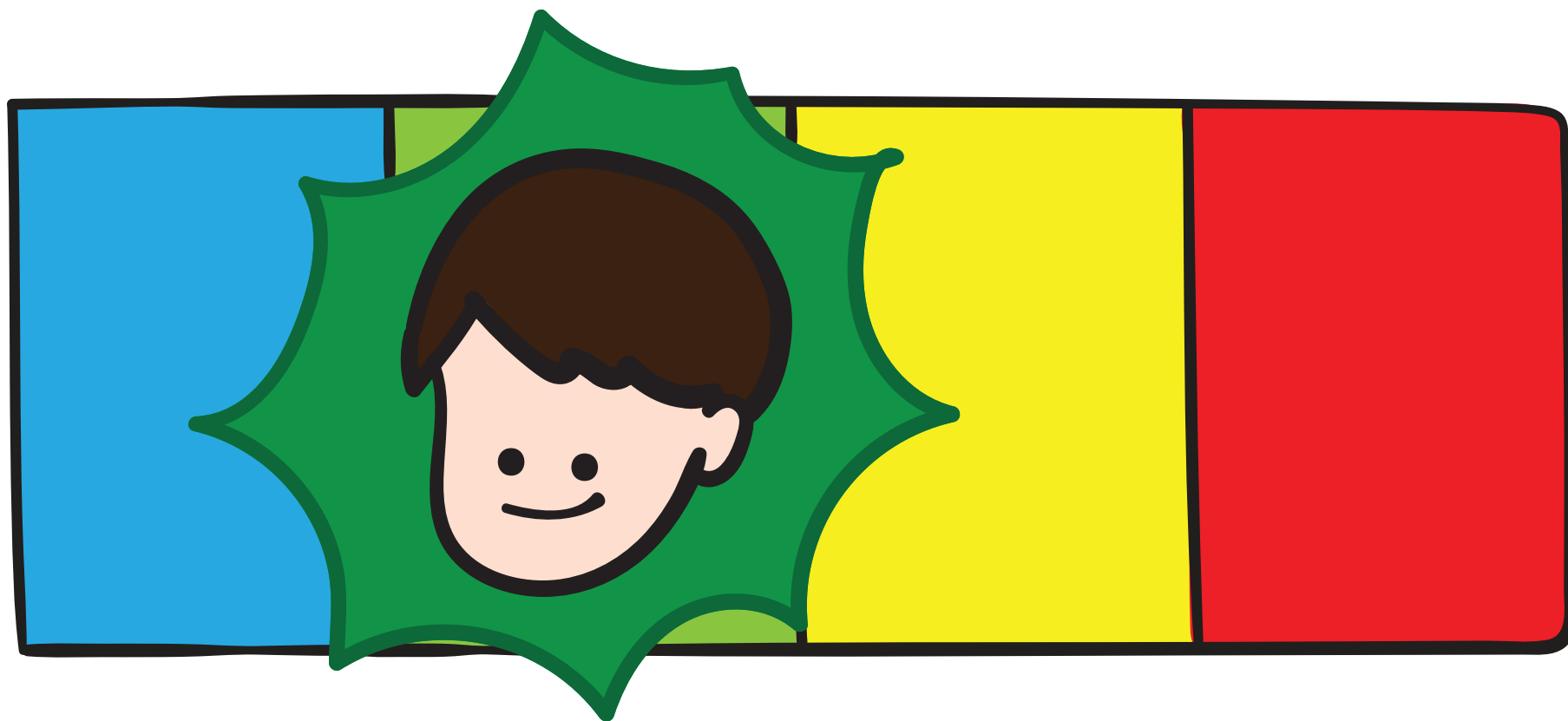
Hi, I'm Tyler! Today we're going to talk about
"Zones of Regulation".



What that means is that when I'm feeling different emotions, my body moves between different zones.



Right now, I feel happy! My body is just right,
not too high, not too low.

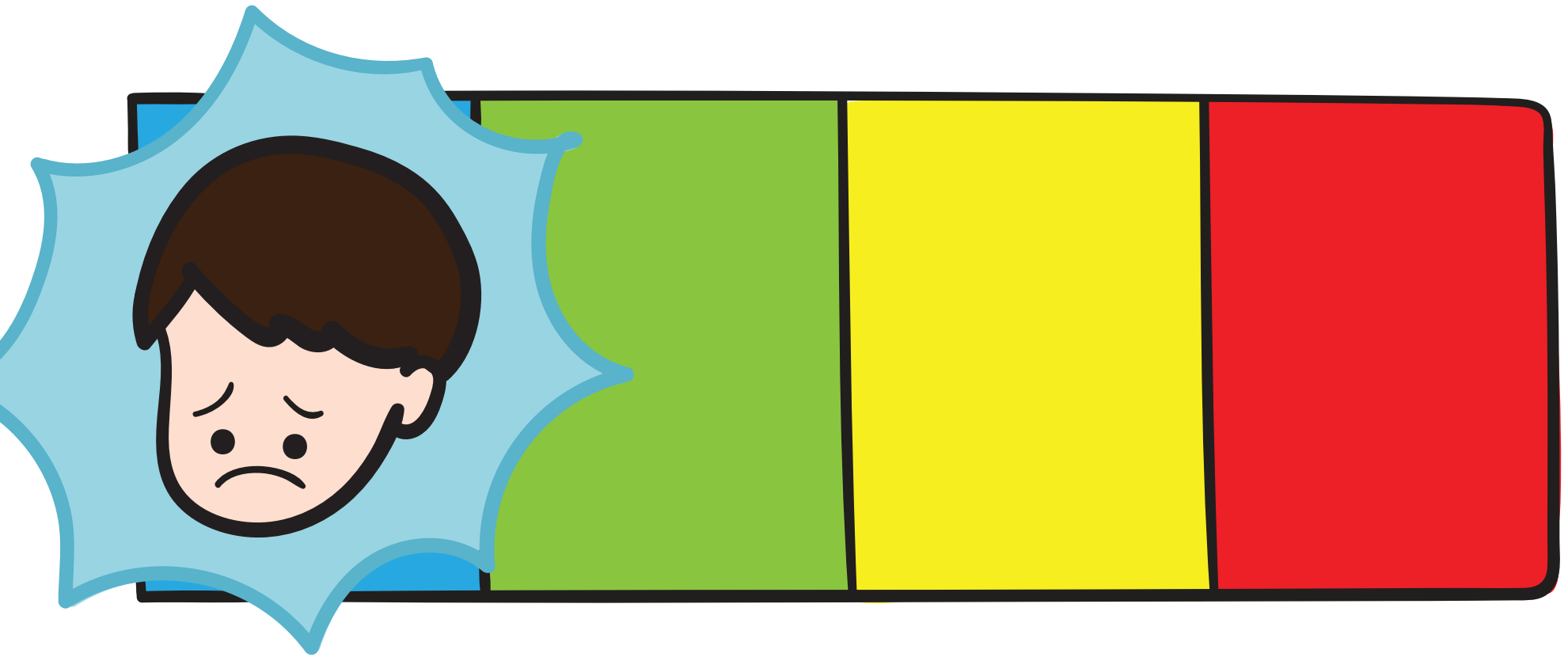


I am in the **green** zone!

Green means go! When I'm in the green zone...

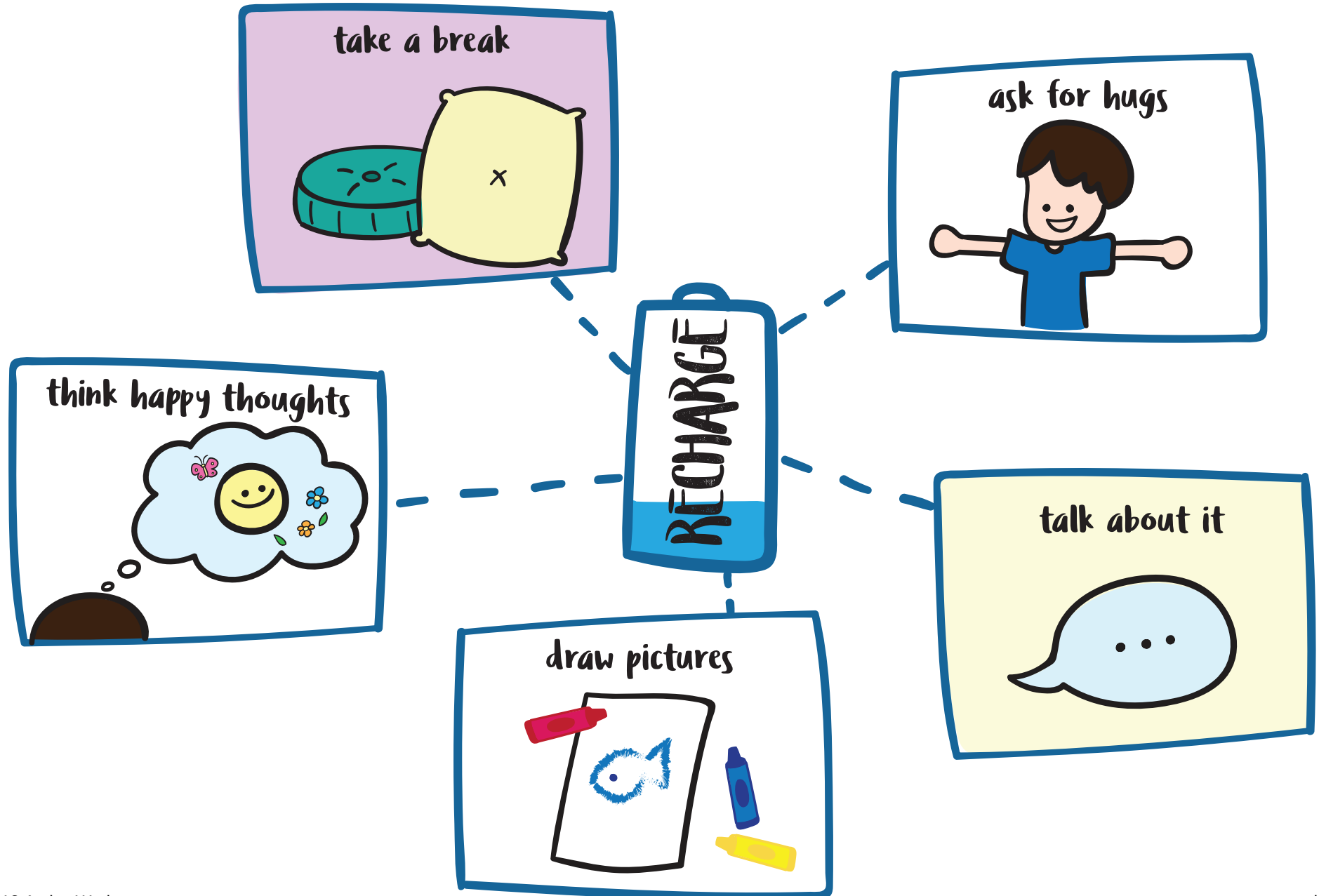


Sometimes, I get a little tired, or I may fall sick.
My body starts to run too low.

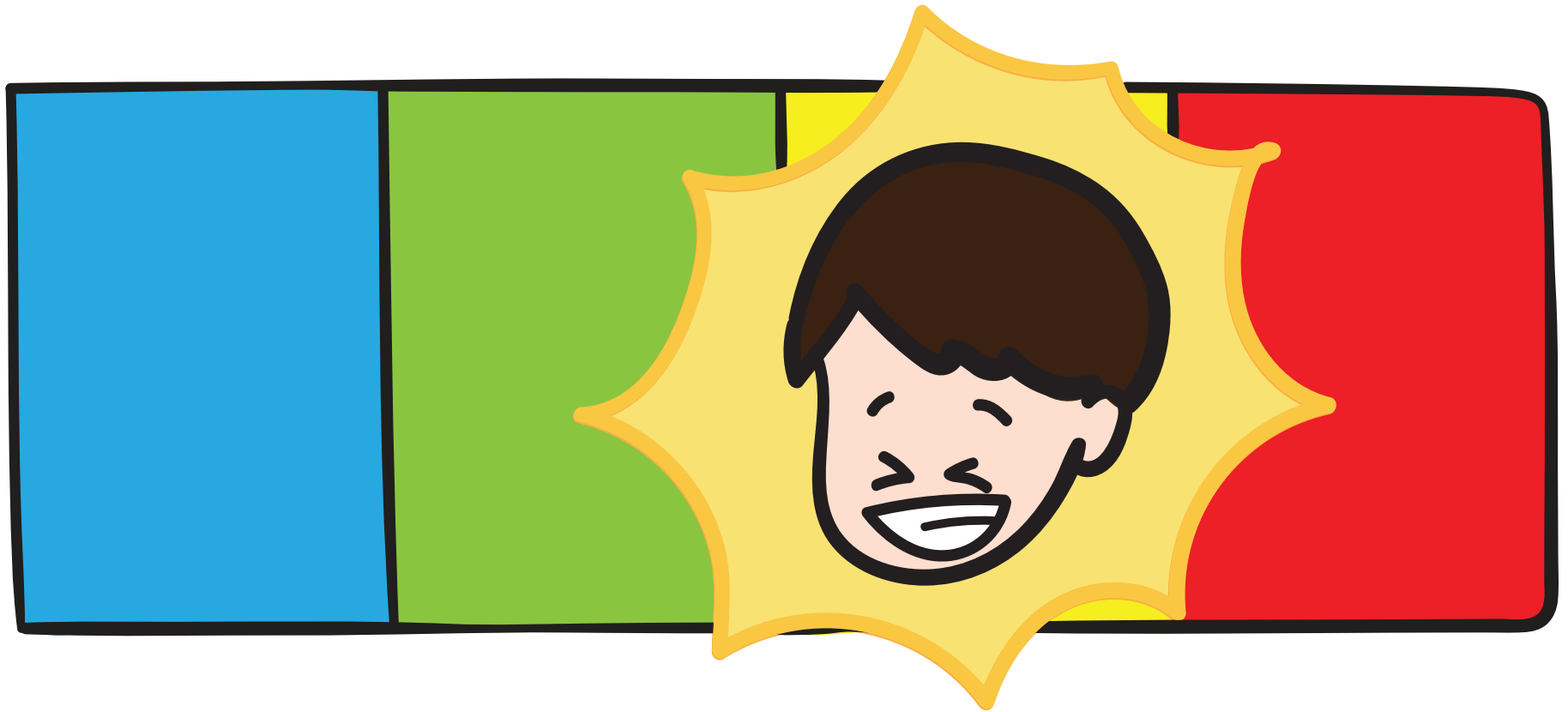


That's when I'm in the blue zone.

The blue zone is like a rest stop where I can recharge my batteries to get back to the green zone. I can...



Sometimes, my body gets a little too high. This could be when I'm feeling super silly, excited, or annoyed.



That's when I'm in the yellow zone!

When I'm in the yellow zone, I need to slow down to get back to the green zone. I can...

take a break



jump it out!



go for a walk



SLOW

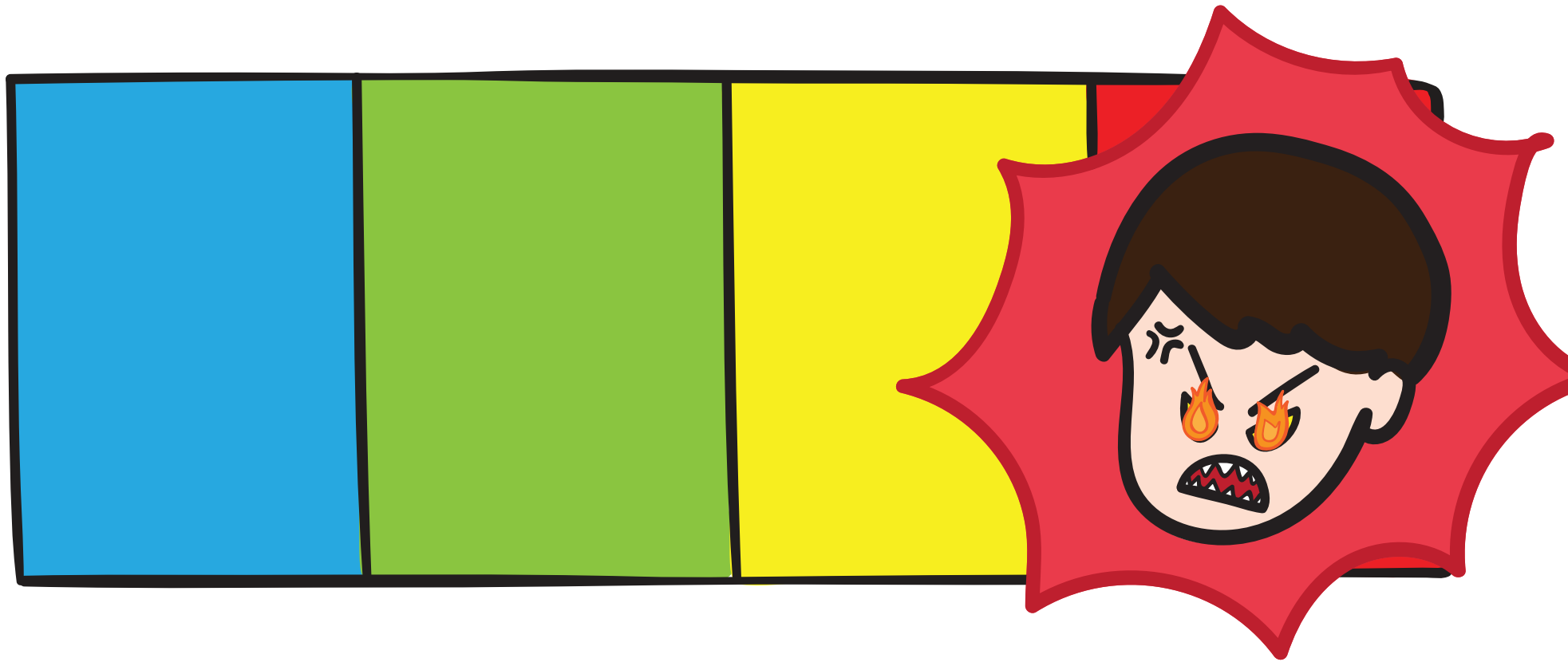
go for a run



take a deep breaths

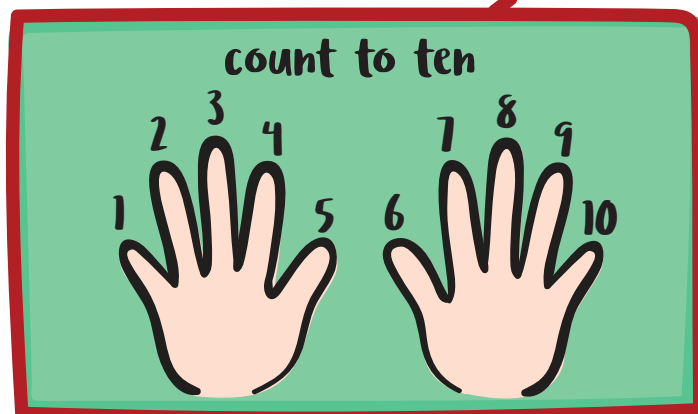
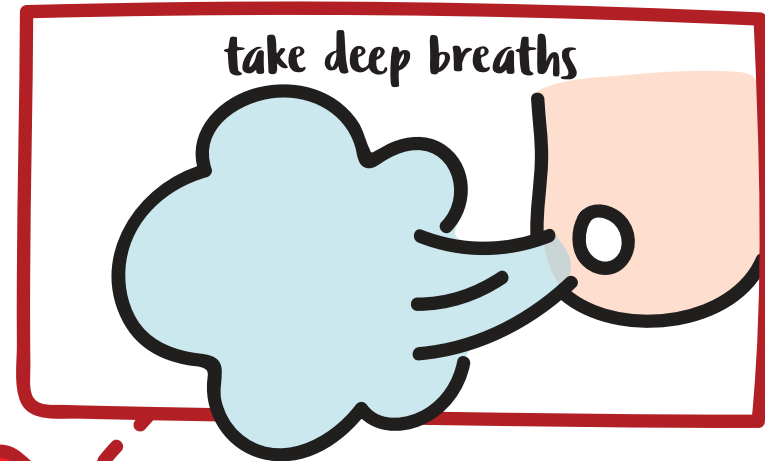


Sometimes my body gets way too high! This happens when
I feel very sad, or very angry.

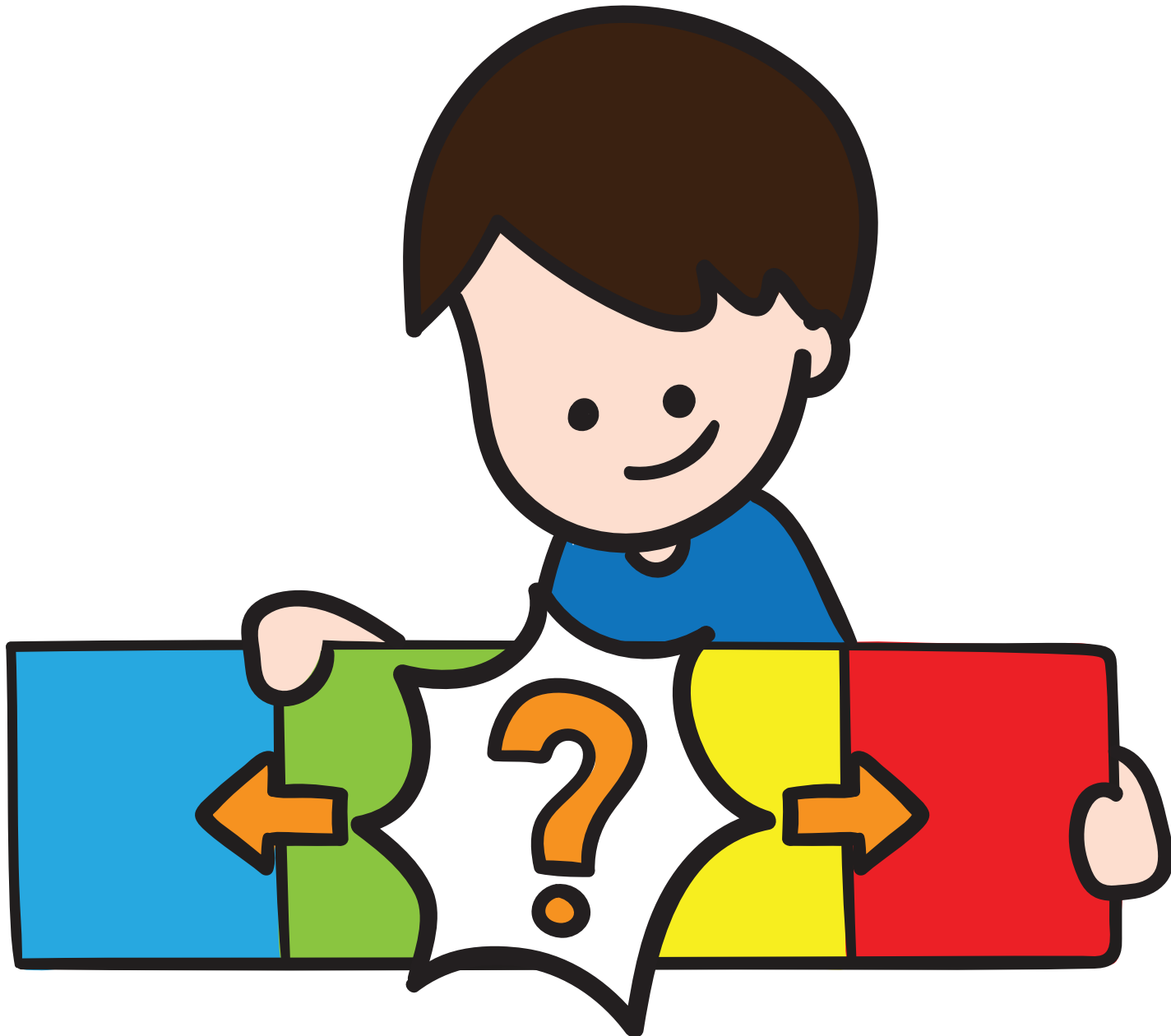


That's when I'm in the red zone!

Red means stop! I need to calm down to get back to the green zone. I can...



When I know what zone I'm in, I can take appropriate steps to get back to the green zone!



What zone are you in?

