

Are you ready to learn?

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Here are some strategies that might help you get back to the green zone while you're learning at home. Maybe you and your family could think of some others too.

To get out of the Blue Zone I could...	To stay in the Green Zone I could...	To get out of the Yellow Zone I could...	To get out of the Red Zone I could...
<ul style="list-style-type: none"> • Cuddle a teddy • Play with a pet • Talk to a family member • Go for a walk • Enjoy some family time • • • 	<ul style="list-style-type: none"> • Do my work • Try my best • Do something kind for a family member • Write a letter to my teacher • Do something helpful • • • 	<ul style="list-style-type: none"> • Have a drink of water • Do some mindfulness • Take a brain break • Go for a walk • Take some deep breaths • Use a growth mindset • • • 	<ul style="list-style-type: none"> • Take a break • Pat a pet • Bounce on the trampoline • Get some fresh air • Take some deep breaths • Play some music • • •