

















SAMPLE CHART





 sad	 tired
 bored	 sick*





 calm	 happy
 OK	 ready to listen

 frustrated	 worried
 upset	 hyper

 mad	 yelling
 unsafe body	 unsafe hands

What Can I Do?

 fresh air time
 walk
 rocking chair
 rest

 movement break
 yoga
 sensory play
 chewy snack

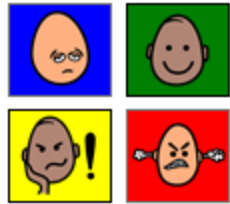
 read
 draw
 play dough
 bath

 room time
 cool down space
 listen to music
 headphones

*When I'm sick, I need to rest.

Teach your child how to find their zone, recognize what that emotion feels like, and choose a regulating tool from the larger chart. Use the 3-step process if the body scan is too complicated or unnecessary at this time.

1.



Find your zone.

2.



Do a body scan.
What does this feel
like inside?

3.



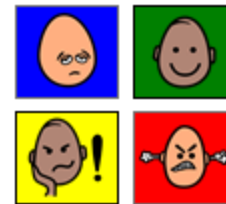
Choose a tool under
your zone.

4.



When your zone is
back to green,
return to your
previous activity.

1.



Find your zone.

2.







Choose a tool under
your zone.

3.







When your zone is
back to green,
return to your
previous activity.





BLUE

 sad	 tired
 bored	 sick*





GREEN

 calm	 happy
 OK	 ready to listen

YELLOW

 frustrated	 worried
 upset	 hyper

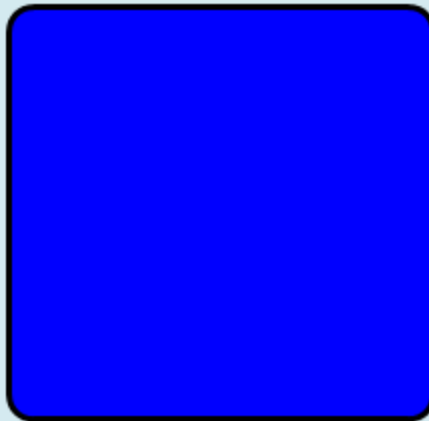
RED

 mad	 yelling
 unsafe body	 unsafe hands

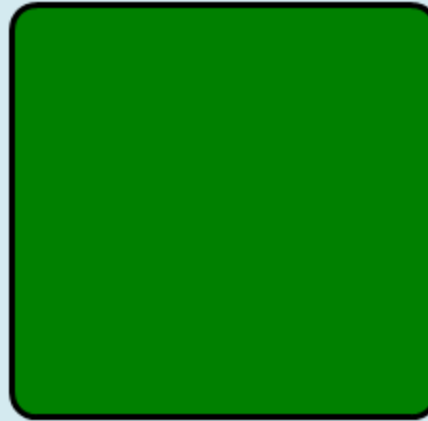
What Can I Do?

*When I'm sick, I need to rest.

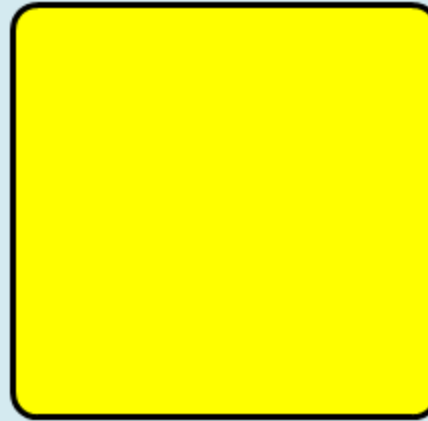
BLUE



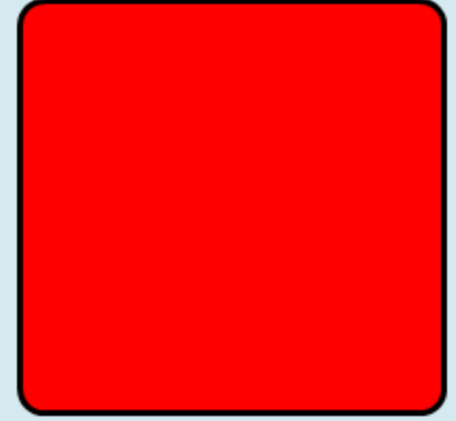
GREEN



YELLOW



RED



What Can I Do?

A blue vertical rounded rectangle with a black outline, containing four white squares stacked vertically, each with a black outline.A green vertical rounded rectangle with a black outline, containing four white squares stacked vertically, each with a black outline.A yellow vertical rounded rectangle with a black outline, containing four white squares stacked vertically, each with a black outline.A red vertical rounded rectangle with a black outline, containing four white squares stacked vertically, each with a black outline.

BLUE



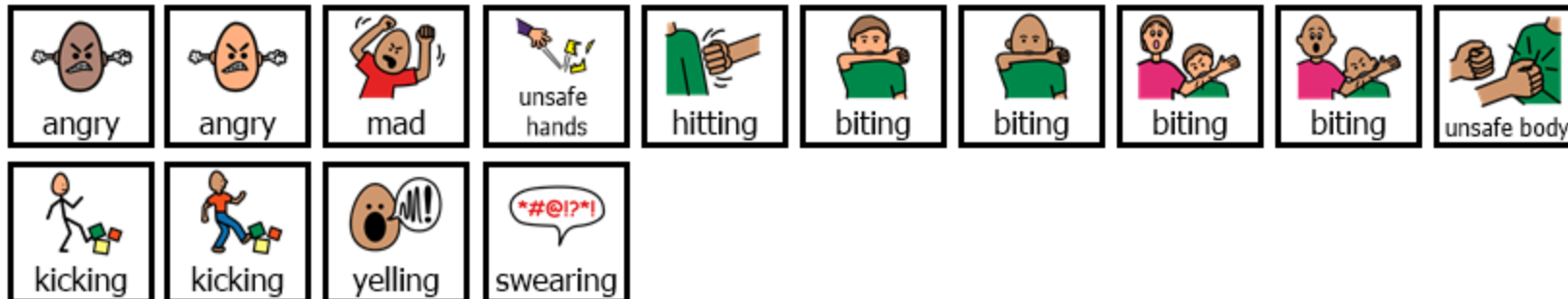
GREEN



YELLOW



RED





 chair push-ups	 tent	 obstacle course	 sensory play	 sensory box	 essential oils	 yoga	 stretch
 cool down space	 walk	 movement break	 puzzle	 take 5	 take 10	 talk about it	 push-ups
 squish box	 dance break	 dance break	 shake sillies out	 spiky ball	 10 deep breaths	 shaving cream play	 sit & spin
 scooter	 rollerblade	 bear walk	 crab walk	 dim lights	 glitter jar	 ask for help	 bounce on ball
 massager	 massager	 hammock swing	 hammock	 play set	 body sock	 star jumps	 scissor jumps
 windmills	 cross crawls	 cross crawls	 egg chair	 sunglasses			

Tools

Tools

Tools
