



Zones Check In



The BLUE zone



How might you feel?

sad
tired
bored
moving slowly

What might help you?

The GREEN zone



How might you feel?

happy
okay
focussed
ready to learn

What might help you?

The YELLOW zone



How might you feel?

nervous
confused
silly
not ready to learn

What might help you?

The RED zone



How might you feel?

angry
frustrated
scared
out of control

What might help you?



Zones Activities'



The BLUE zone



What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

The GREEN zone



What might help you?

The goal of this
exercise is to get to
the GREEN zone.
What can you do to
be happy, calm and
ready to learn?

The YELLOW zone



What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The RED zone



What might help you?

Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help



Icons For My Check In



Directions

Cut out and laminate the face icons. Use the icons to complete a zones check in.