

# Me in My **ZONES**

Name: \_\_\_\_\_

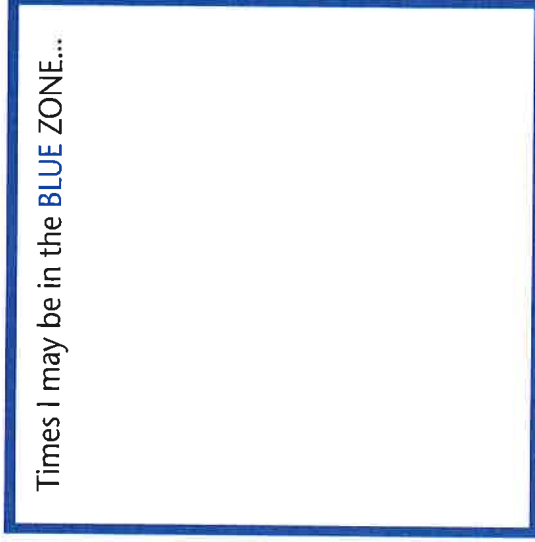
Name: \_\_\_\_\_

# Which ZONE Would I Be In?

All of the Zone colors are okay. There are times when you will be in different Zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

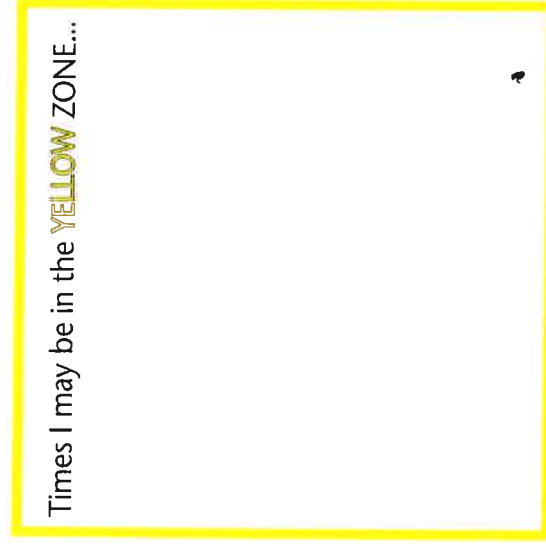
Times I may be in the BLUE ZONE...



Times I may be in the GREEN ZONE...



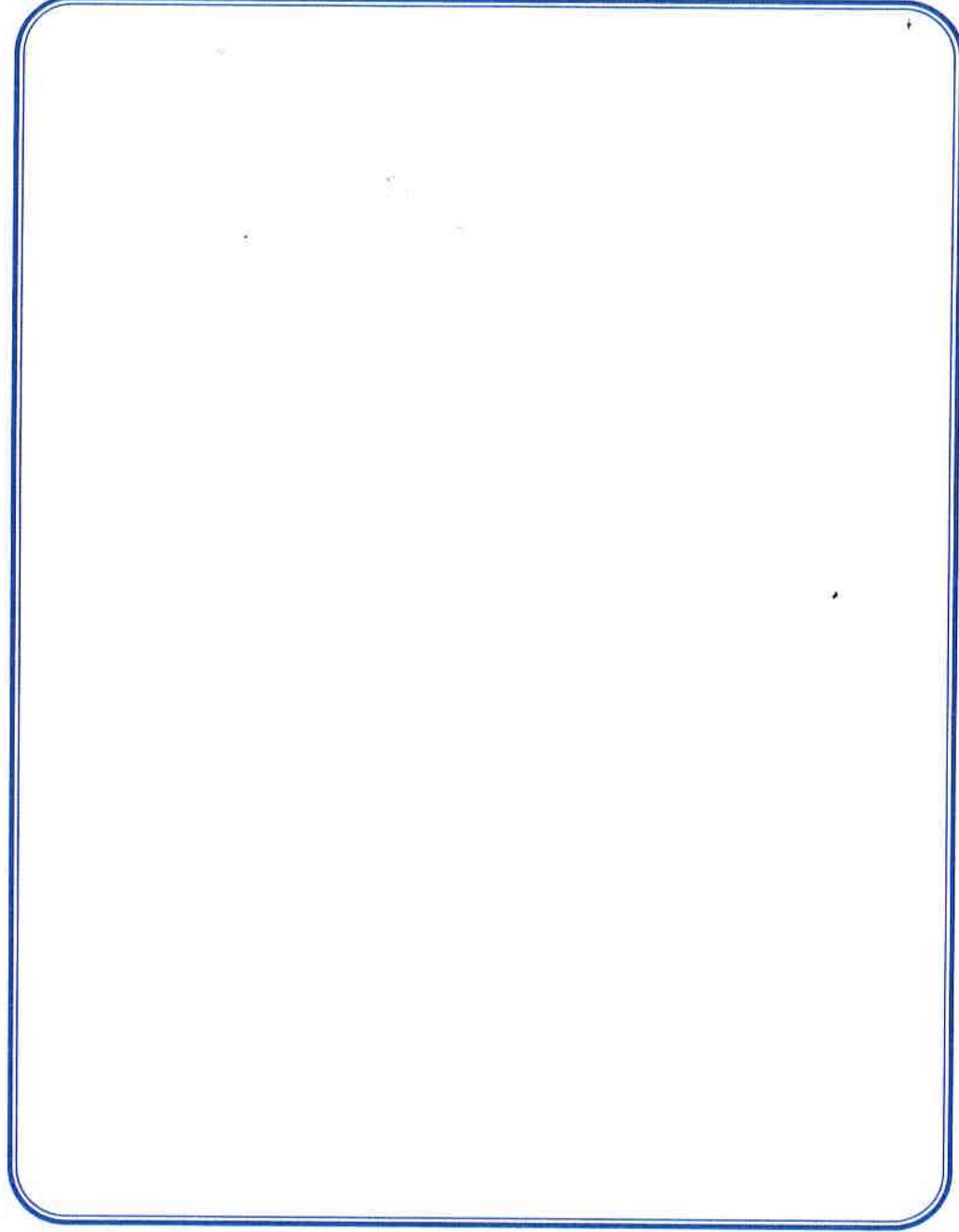
Times I may be in the YELLOW ZONE...



Times I may be in the RED ZONE...



This is a picture of me feeling \_\_\_\_\_  
in the BLUE ZONE:

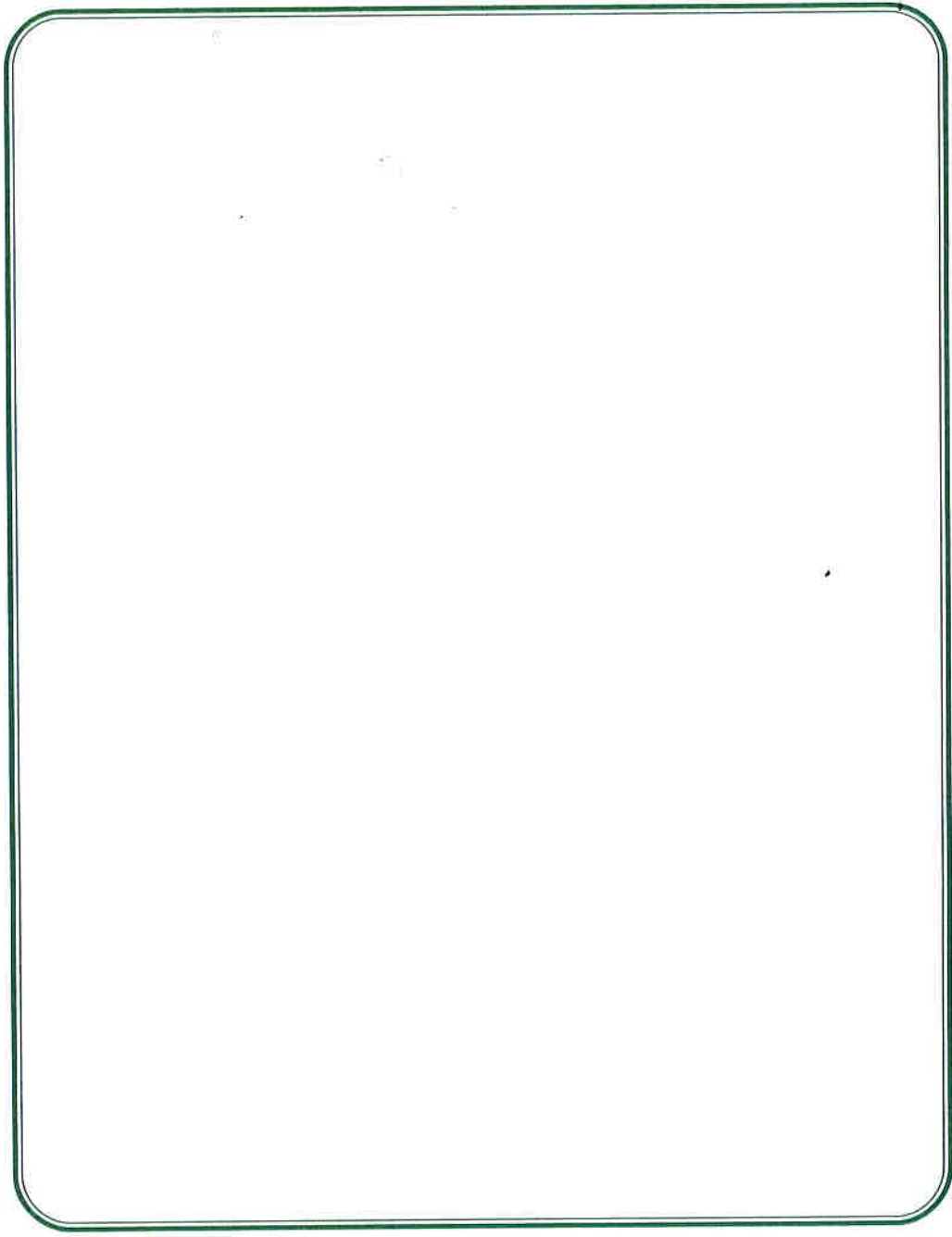


My face and body clues are:



I feel in the BLUE ZONE when:

This is a picture of me feeling \_\_\_\_\_  
in the **GREEN ZONE**:



My face and body clues are:



---



---

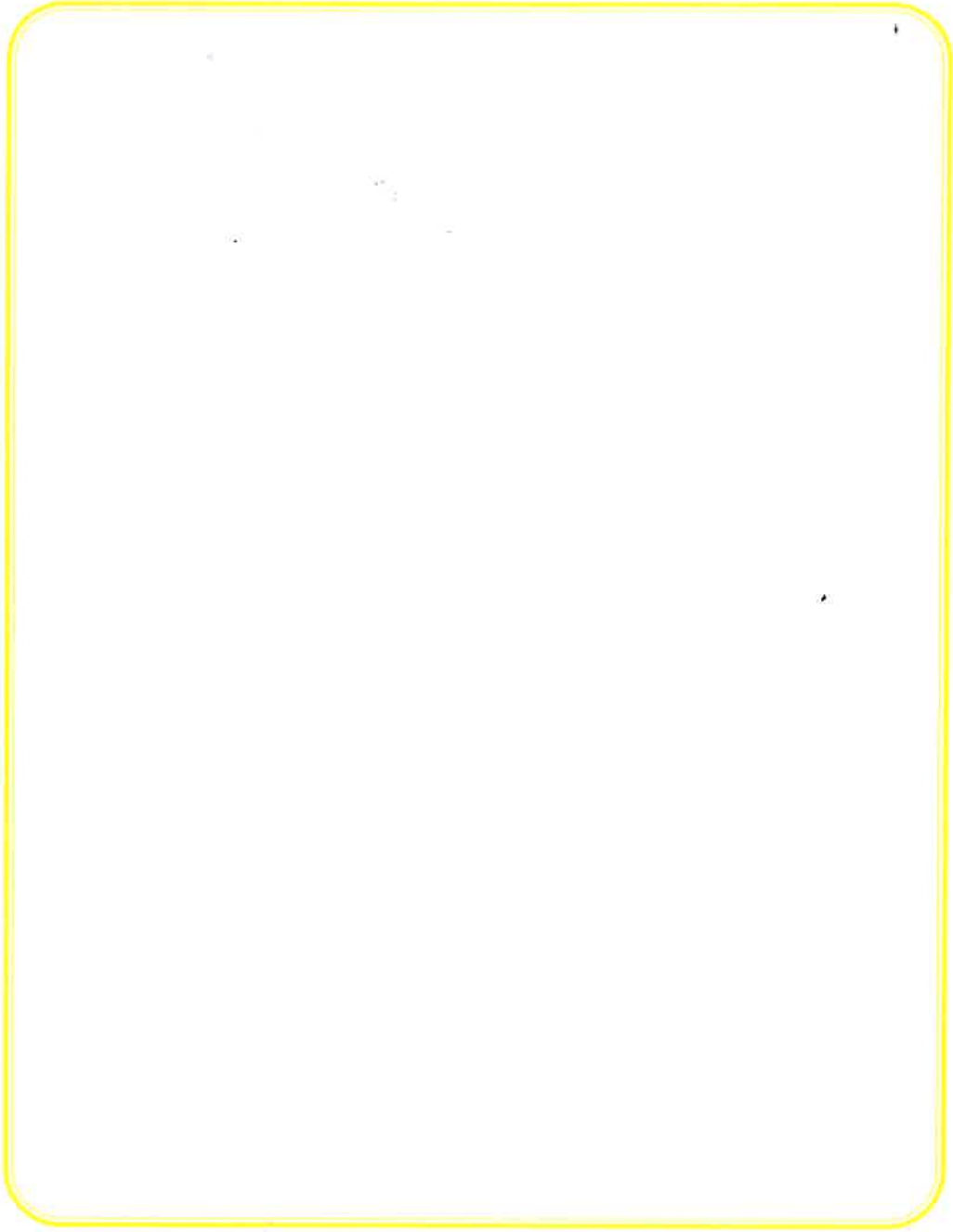


---

I feel in the **GREEN ZONE** when:

---

This is a picture of me feeling \_\_\_\_\_  
in the **YELLOW ZONE**:



My face and body clues are:



---



---

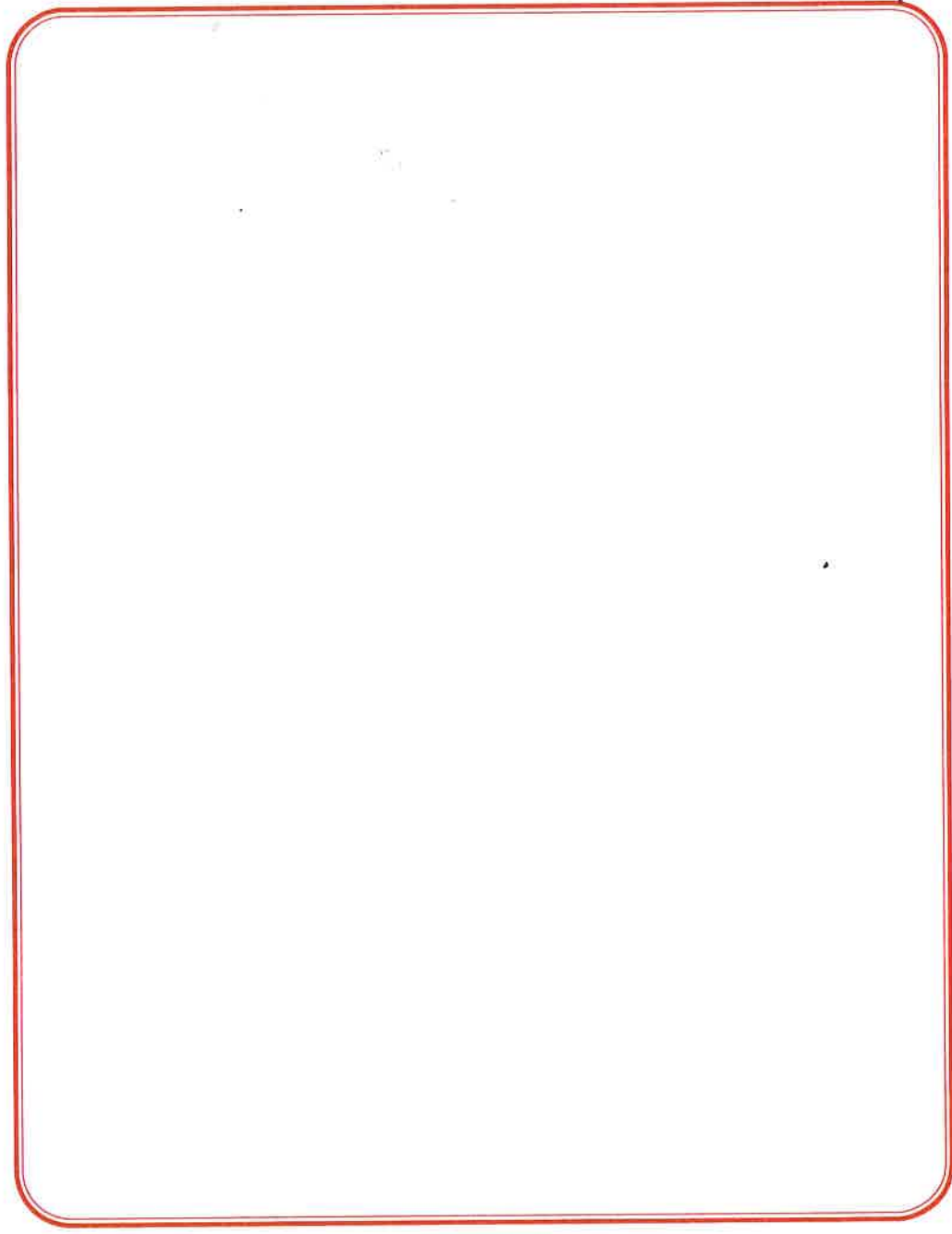


---

I feel in the **YELLOW ZONE** when:

---

This is a picture of me feeling \_\_\_\_\_  
in the RED ZONE:



My face and body clues are:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

I feel in the RED ZONE when:

\_\_\_\_\_

**S' Toolbox**

Red Zone Tools

Yellow Zone Tools

Green Zone Tools

Blue Zone Tools

# Tools for Each of My ZONES

When I feel...

I can try...

**Tired or Sad**




**Calm or Happy**



**Frustrated or Silly**



**Mad or Out of Control**



--

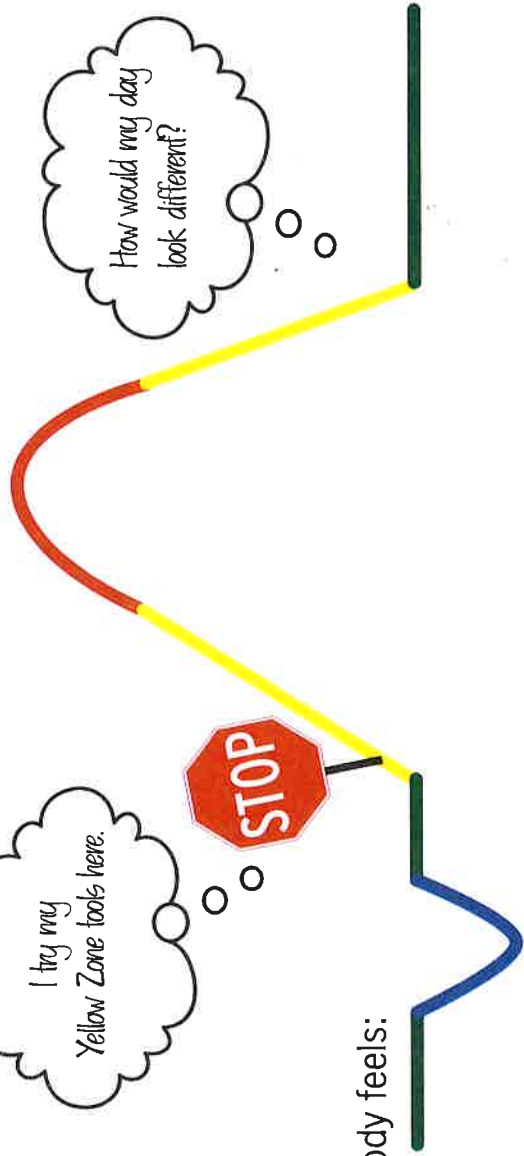
--

--

--



# When To Use My Yellow Zone Tools



How my body feels:

In the Yellow Zone,

I look:

I feel:

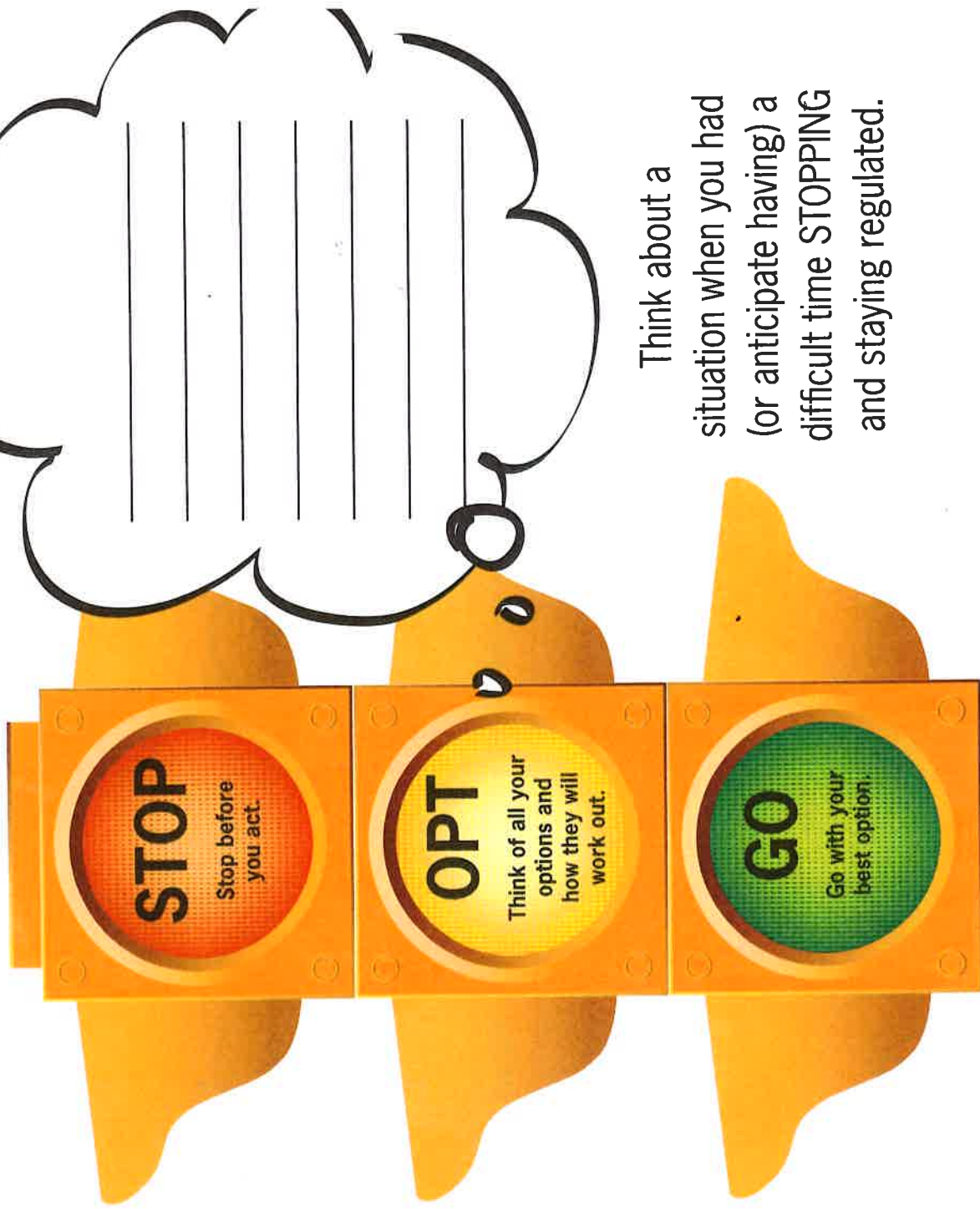
I act:

Adapted for The Zones of Regulation™ from the original Anxiety Curve in Buron and Curtis' The Incredible 5-Point Scale (2003), [www.5pointscale.com](http://www.5pointscale.com).

© 2011 Think Social Publishing, Inc. All rights reserved. From The Zones of Regulation™ by Leah M. Kuypers • Available at [www.socialthinking.com](http://www.socialthinking.com)

# Solution Finder Worksheet

Problem: \_\_\_\_\_



Use this STOP, OPT, and GO Solution Finder Worksheet to brainstorm all of the OPTIONS you have — good and bad. This includes using your tools as well as the choices that aren't so good, like losing your cool.

- Consider each option.
- Take a yellow or red marker and cross off each option that would cause feelings in those Zones.
- Take a green marker and circle the best option(s) to go with.

My best option is: \_\_\_\_\_