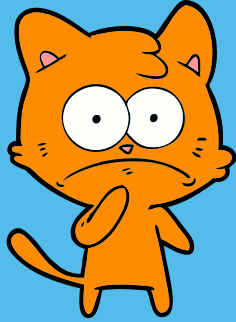


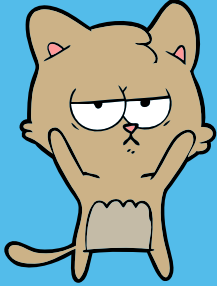
**BLUE**



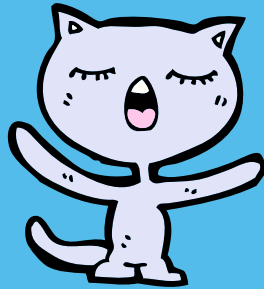
**SAD**



**SICK**

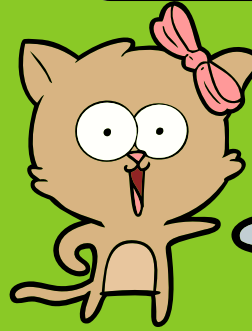


**BORED**

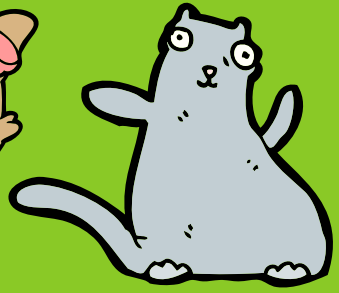


**TIRED**

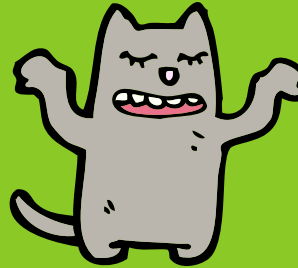
**GREEN**



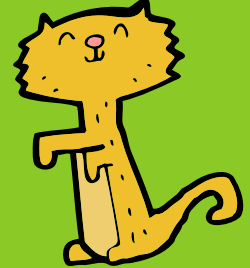
**HAPPY**



**OKAY**



**FOCUSED**



**RELAXED**

# WHAT ZONE ARE YOU IN?

**RED**



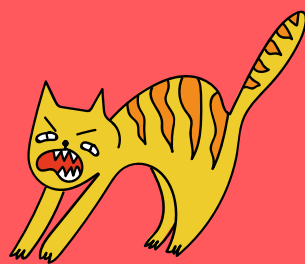
**SCARED**



**ANNOYED**

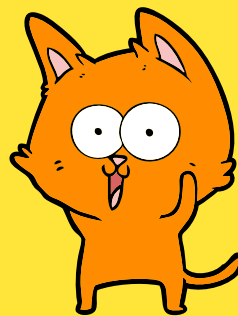


**UPSET**

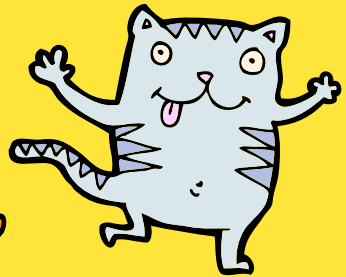


**ANGRY**

**YELLOW**



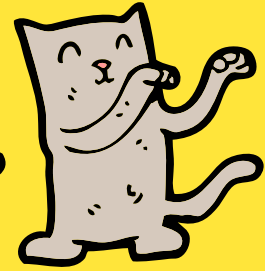
**EXCITED**



**RESTLESS**

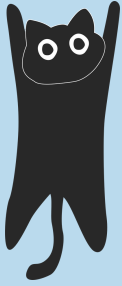


**SILLY**



**ENERGETIC**

## BLUE



DO 5  
JUMPING  
JACKS



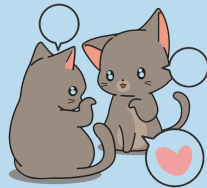
STAND UP AND  
STRETCH



TAKE DEEP  
BREATHS



GET A DRINK OF  
WATER



TALK TO A TEACHER  
OR FRIEND

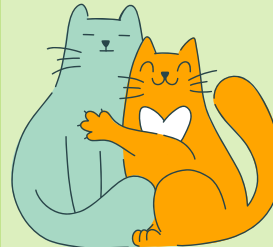
## GREEN



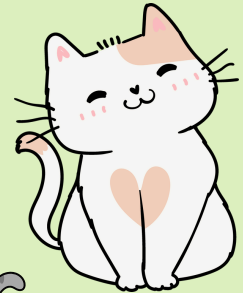
LISTEN IN  
CLASS



DO MY BEST



HELP  
OTHERS



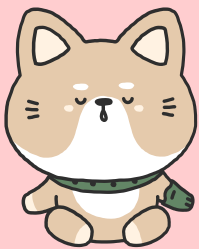
USE KIND  
WORDS



SHARE A SMILE

# WHAT CAN YOU DO?

## RED



TAKE DEEP  
BREATHS



MOVE TO A QUIET  
SPACE



STAY CALM AND  
THINK

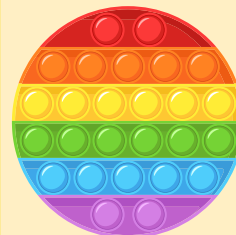


USE A CALMING  
ACTIVITY



TELL A TEACHER

## YELLOW



USE A FIDGET TOY



WALK IF NEEDED



COUNT TO 10



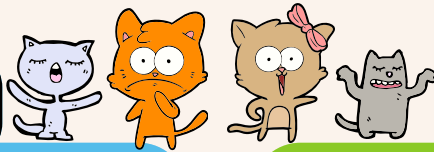
ASK FOR A BREAK



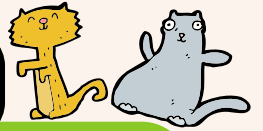
BREATHE SLOWLY



**BLUE**



**GREEN**



Large empty rounded rectangular box with a blue border and light blue fill.

Large empty rounded rectangular box with a green border and light green fill.

# WHAT CAN YOU DO?



**RED**



**YELLOW**



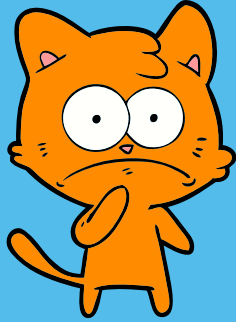
Large empty rounded rectangular box with a red border and light pink fill.

Large empty rounded rectangular box with a yellow border and light yellow fill.

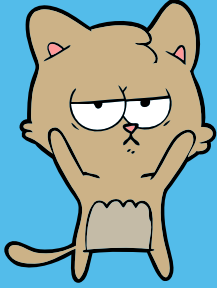
**BLUE**



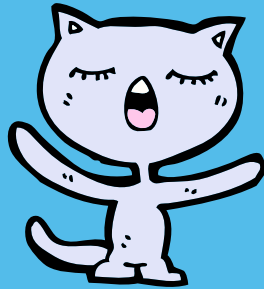
**SAD**



**SICK**

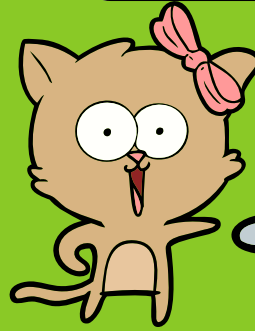


**BORED**

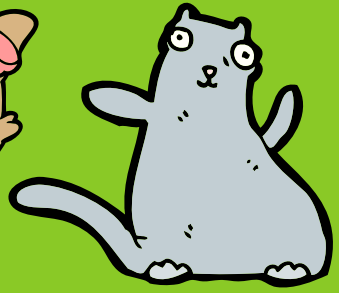


**TIRED**

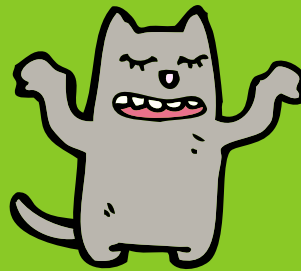
**GREEN**



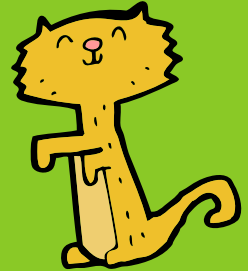
**HAPPY**



**OKAY**



**FOCUSED**



**RELAXED**

# HOW DO YOU FEEL?

**RED**



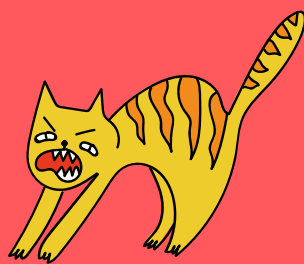
**SCARED**



**ANNOYED**

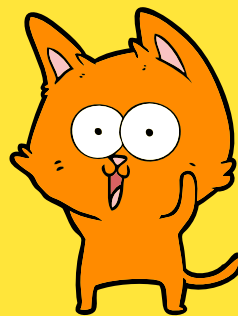


**UPSET**

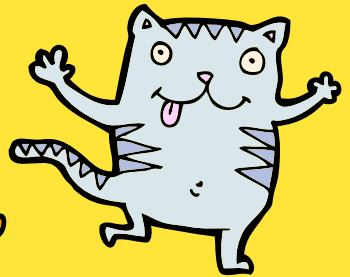


**ANGRY**

**YELLOW**



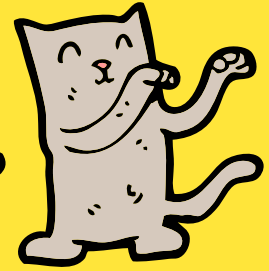
**EXCITED**



**RESTLESS**



**SILLY**



**ENERGETIC**

# See Our Websites for More Free Resources

**1** [www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

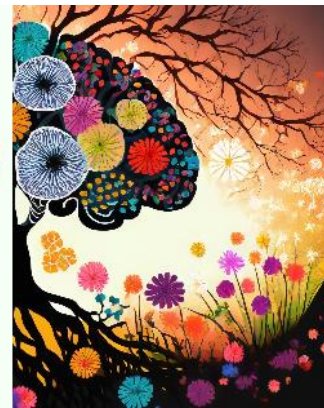
Free social work resources for direct work



**2** [www.anxietyhelpbox.com](http://www.anxietyhelpbox.com)



[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)  
Free Anxiety Tools & Resources



**3** [www.feelingshelpbox.com](http://www.feelingshelpbox.com)

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



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