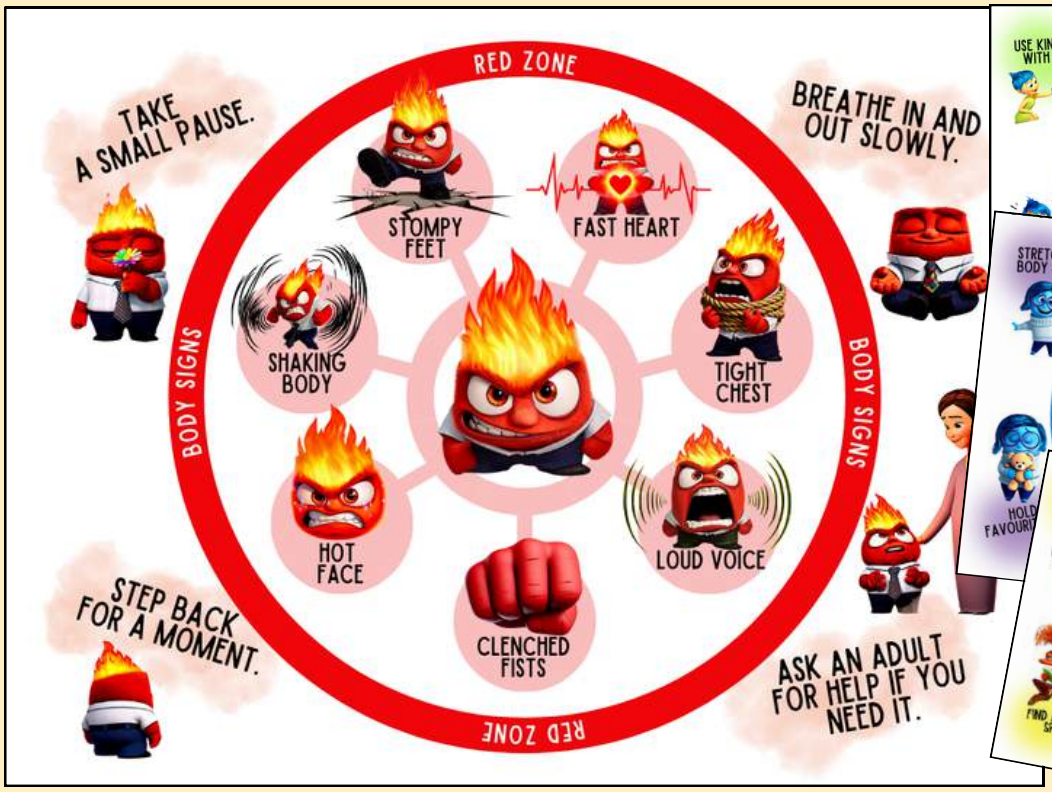

ZONES OF REGULATION POSTERS & WORKSHEETS

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Free Download

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WWW.SOCIALWORKERSTOOLBOX.COM

RED ZONE

BODY SIGNS

BODY SIGNS

RED ZONE

STOMPY FEET

FAST HEART

SHAKING BODY

TIGHT CHEST

HOT FACE

LOUD VOICE

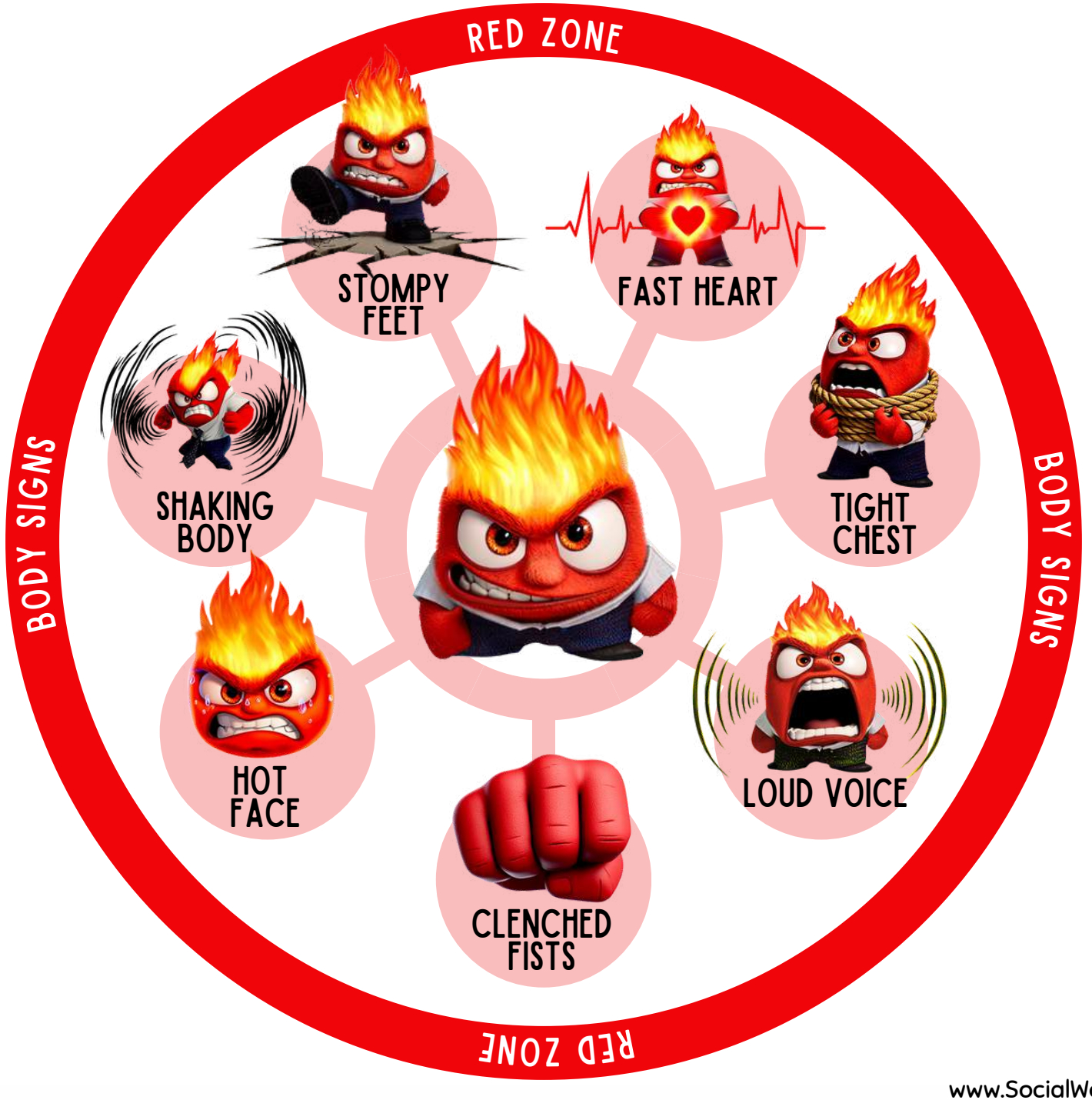
CLENCHED FISTS

TAKE A SMALL PAUSE.

BREATHE IN AND OUT SLOWLY.

STEP BACK FOR A MOMENT.

ASK AN ADULT FOR HELP IF YOU NEED IT.



YELLOW ZONE

BODY SIGNS

BODY SIGNS

YELLOW ZONE

FAST THOUGHTS

BUTTERFLIES IN YOUR TUMMY

JUMPY BODY

WIGGLY BODY

SHAKY LEGS

TIGHT MUSCLES

SWEATY HANDS

SLOW YOUR BREATHING.

NOTICE YOUR WORRY SIGNS.

FIND A CALM SPOT.

TELL SOMEONE YOU TRUST.

YELLOW ZONE

BODY SIGNS

FAST THOUGHTS

BUTTERFLIES IN YOUR TUMMY

JUMPY BODY

WIGGLY BODY

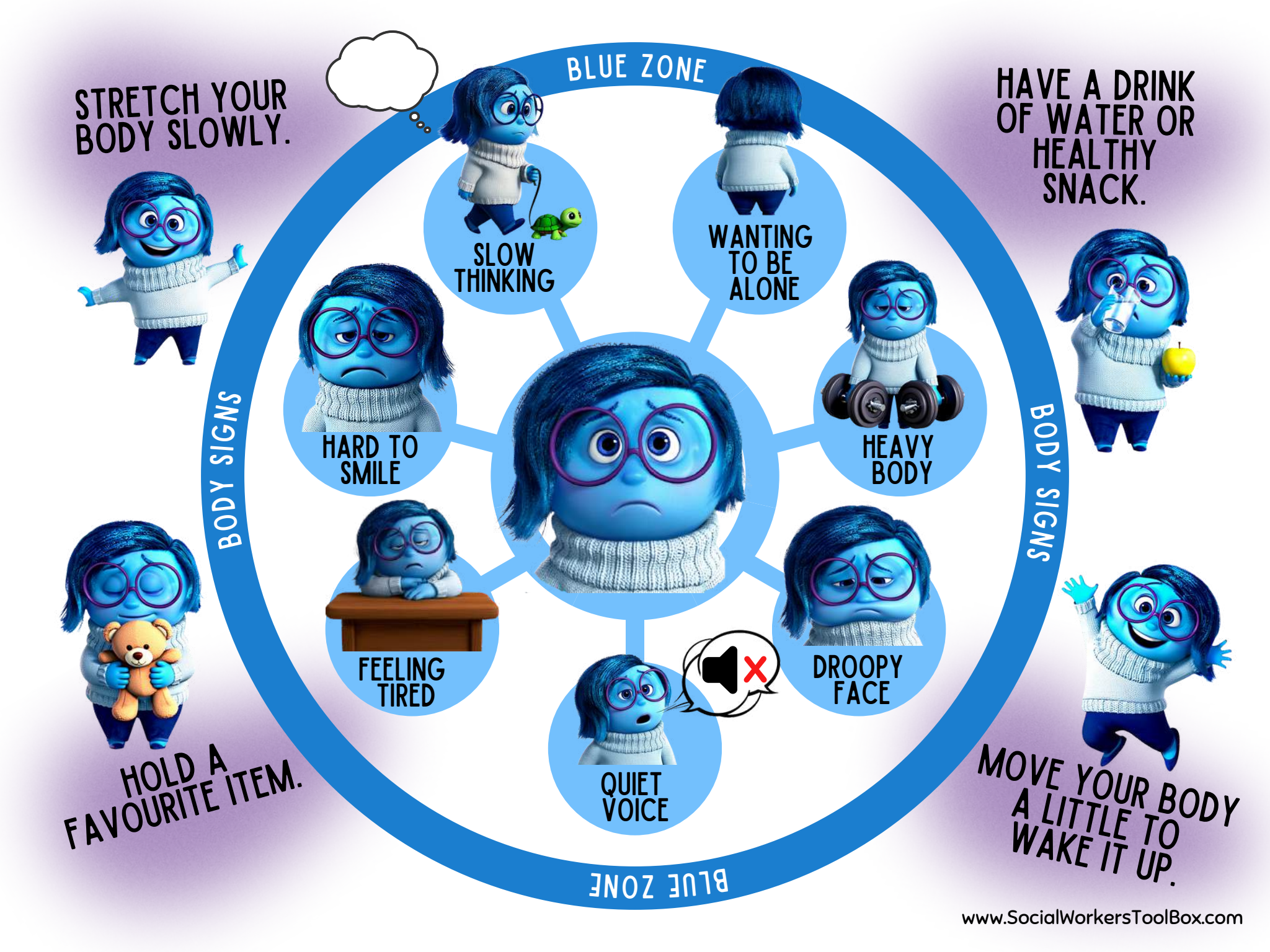
SHAKY LEGS

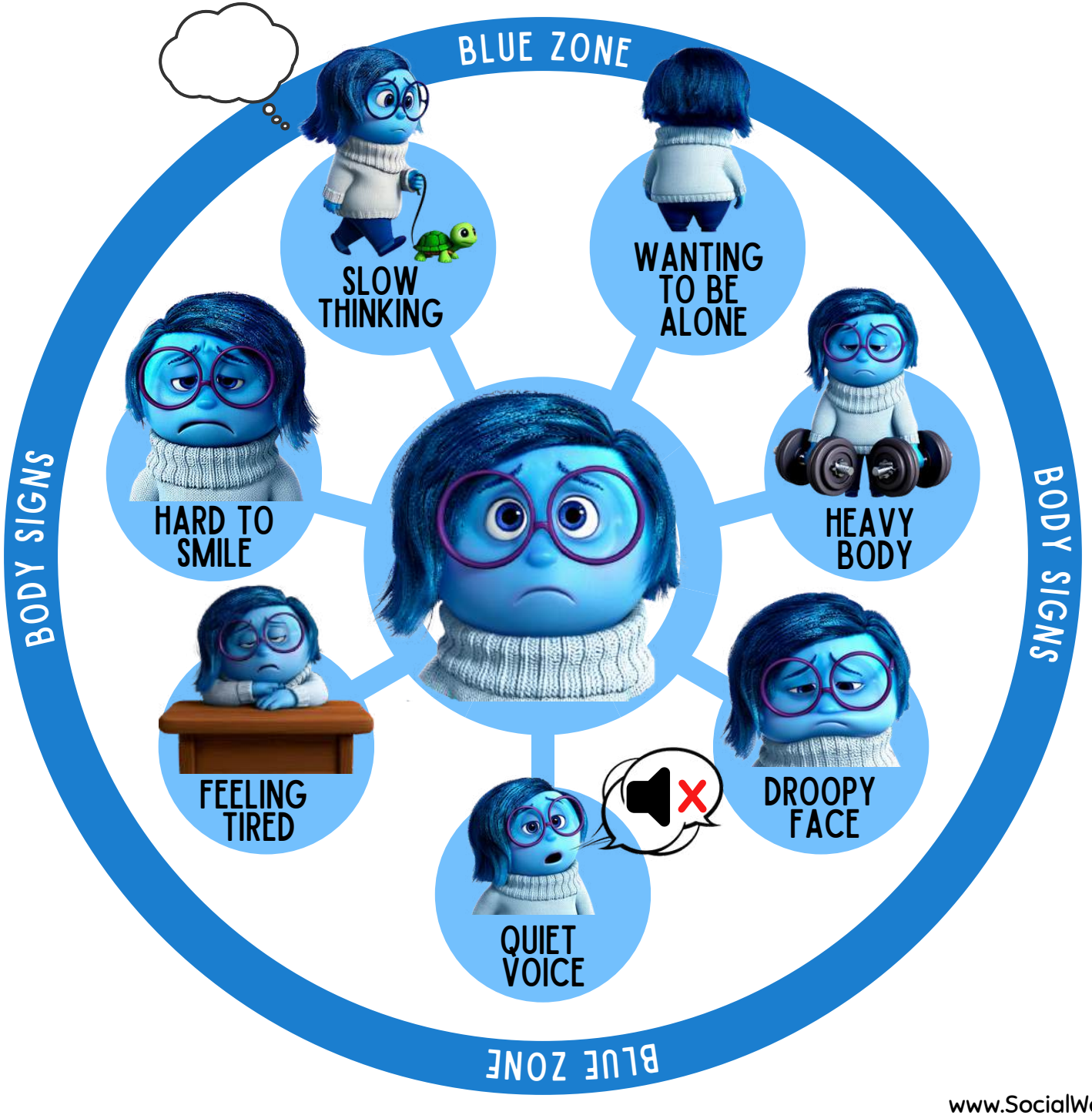
TIGHT MUSCLES

SWEATY HANDS

BODY SIGNS

YELLOW ZONE


BLUE ZONE
BODY SIGNS
SLOW THINKING
WANTING TO BE ALONE
HARD TO SMILE
HEAVY BODY
FEELING TIRED
DROOPY FACE
QUIET VOICE
BODY SIGNS
BLUE ZONE
STRETCH YOUR BODY SLOWLY.
HAVE A DRINK OF WATER OR HEALTHY SNACK.
HOLD A FAVOURITE ITEM.
MOVE YOUR BODY A LITTLE TO WAKE IT UP.
www.SocialWorkersToolBox.com



GREEN ZONE

BODY SIGNS

STEADY BREATHING

RELAXED MUSCLES

STEADY HEARTBEAT

CLEAR THINKING

STILL BODY

HAPPY FACE

CALM HANDS

BODY SIGNS

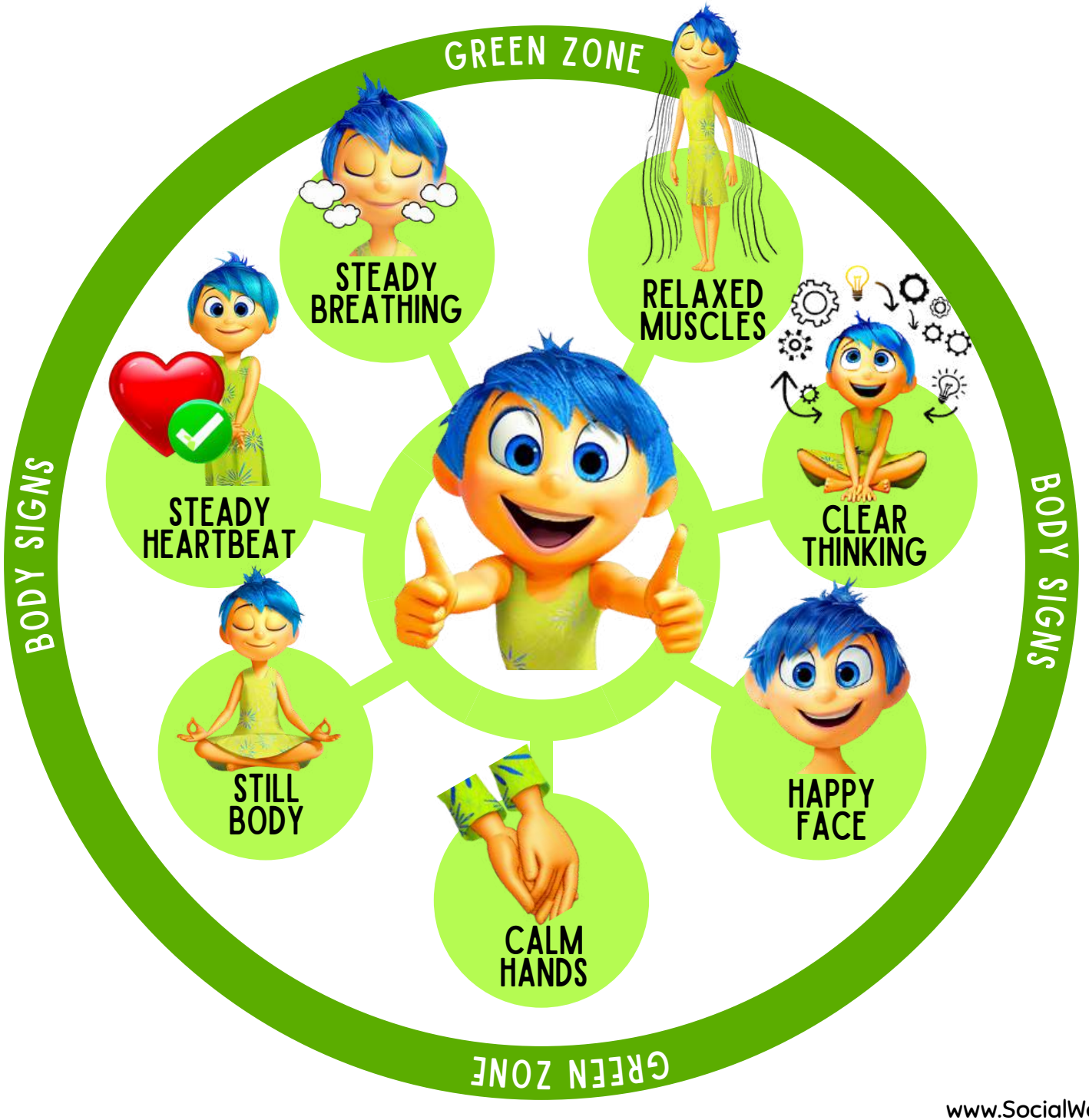
GREEN ZONE

USE KIND WORDS WITH OTHERS.

FOCUS ON WHAT YOU ARE DOING.

KEEP YOUR BODY STILL AND READY.

NOTICE YOUR STEADY BREATHING.



WHAT ZONE ARE YOU IN?

BLUE


SAD


SICK


BORED


TIRED

GREEN


HAPPY


OKAY


FOCUSED


RELAXED

RED


SCARED


ANNOYED


UPSET


ANGRY

YELLOW


EXCITED


RESTLESS


SILLY


ENERGETIC

BLUE

GREEN

WHAT MAKES YOU FEEL...?

RED

YELLOW

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

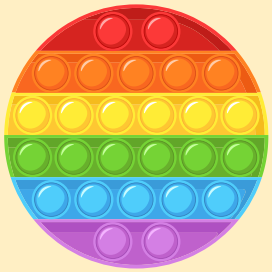

MOVE TO A QUIET SPACE


STAY CALM AND THINK

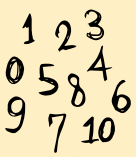

TELL A TEACHER


USE A CALMING ACTIVITY

YELLOW


USE A FIDGET TOY


WALK IF NEEDED




ASK FOR A BREAK


COUNT TO 10


BREATHE SLOWLY

BLUE

GREEN

WHAT CAN YOU DO?

RED

YELLOW

About this Resource

Zones of Regulation – Inside Out Edition is a free, printable PDF resource that helps children understand their feelings by sorting them into four colour zones: red, yellow, blue, and green. Using clear body signals, simple language, and child-friendly visuals, the resource helps children notice how their bodies feel, recognise their emotions, and choose helpful strategies to calm, focus, or feel better.

Each zone includes common body clues children may notice, such as a fast heart, shaky legs, a quiet voice, or relaxed muscles. The resource also provides practical ideas children can use straight away, like taking deep breaths, having a drink of water, moving to a quiet space, stretching, or talking to a trusted adult. This supports emotional regulation and helps children understand that all feelings are normal and manageable.

Ideal for classrooms, therapy sessions, ELSA work, and home use, the Zones of Regulation – Inside Out Edition supports social-emotional learning (SEL) by helping children link their body signals, feelings, and actions. Teachers, social workers, parents, and counsellors can use it as part of daily check-ins, behaviour support plans, or one-to-one discussions about emotions and coping.

This free PDF download gives children the tools to notice their feelings early, choose helpful strategies, and build confidence in managing strong emotions in a healthy way.