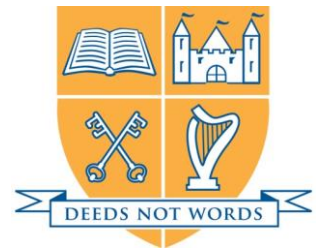


Zones of Regulation Check in



Self-Regulation Strategy Check-in Cards

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I am in the **blue** area, I could...



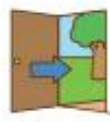
ask for a hug.



talk to an adult about my feelings.



have a rest.



go outside.

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I am in the **green** area, I am...



ready to learn.



feeling focused.



doing good listening.



able to help a friend.

I am in the **yellow** area, I could...



take a break.



go for a walk.



talk to an adult about my feelings.



do some exercise.

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I am in the **red** area, I could...



take deep breaths.



have some quiet time.



squeeze a cushion or something soft.



count to ten.