

Getting back to the Green Zone

Create a menu of calming strategies.



Gauge feelings with an emotion thermometer.



Create a list of coping strategies for each zone.



Create 'what will help me' posters for each zone.

What will help me when I am in the Tense Red Area?

Move places
Listen to music

What will help me when I am in the Wary Yellow Area?

Count back from ten in my head
Breathe deeply
