

# FOUR ZONES POSTER - CONTENT GUIDE

For creating your printable poster in Canva

## POSTER LAYOUT

### Size Options:

- **Standard:** 8.5" × 11" (letter size)
- **Large:** 11" × 17" (tabloid size) - RECOMMENDED
- **Extra Large:** 18" × 24" (poster size)

### Design Style:

- Clean, simple layout
- Ocean-themed background (light blue gradient)
- 4 equal sections (one per zone)
- Large, readable fonts
- Character emojis prominent

## POSTER STRUCTURE

OCEAN ZONES: MY FEELINGS GUIDE	
 BLUE ZONE	 GREEN ZONE
Manny the Manta Ray	Stella the Starfish
Tired Slow Sad	Calm Happy Focused Ready
 YELLOW ZONE	 RED ZONE
Shelly the Seashell	Crabby the Crab

Excited	Angry
Silly	Mad
worried	Frustrated
wiggly	Out of Control

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## BLUE ZONE SECTION

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**Background Color: Light Blue (#E8F4F8)**

**Border Color: Blue (#0077BE)**

### **Content:**

#### BLUE ZONE

**Manny the Manta Ray**

#### **I feel:**

- Tired
- Slow
- Sad
- Bored
- Low Energy

#### **My body:**

- Heavy
- Sluggish
- Droopy

#### **I need:**

- Gentle movement
- Energy boost
- Wake-up breaths

#### **Tools:**

- Manta Glide Breathing
  - Ocean Wave Breathing
  - Stretching
  - Water break
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## **GREEN ZONE SECTION**

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**Background Color: Light Green (#E8F8E8)**

**Border Color: Green (#28A745)**

**Content:**

 **GREEN ZONE**

**Stella the Starfish**

**I feel:**

- Happy
- Calm
- Focused
- Ready
- Just Right!

**My body:**

- Relaxed
- Comfortable
- In control

**This is my GOAL ZONE!**

- Best for learning
- Best for friends
- Best for work

**Tools:**

- Bubble Breathing
- Belly Breathing
- Calm activities

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## **YELLOW ZONE SECTION**

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**Background Color: Light Yellow (#FFF9E6)**

**Border Color: Yellow/Gold (#FFD700)**

**Content:**

## YELLOW ZONE

### Shelly the Seashell

#### I feel:

- Excited
- Silly
- Worried
- Wiggly
- Lots of Energy!

#### My body:

- Buzzy
- Fast
- Hard to sit still

#### I need:

- Calming down
- Slowing down
- Getting to Green

#### Tools:

- Sparkle Breathing
- Star Breathing
- Quiet activities
- Movement break

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## RED ZONE SECTION

**Background Color: Light Red (#FFE8E8)**

**Border Color: Red (#E74C3C)**

### **Content:**

#### RED ZONE

### Crabby the Crab

#### I feel:

- Angry
- Mad
- Frustrated

- Out of Control
- BIG Feelings!

#### **My body:**

- Hot
- Tense
- Shaky
- Explosive

#### **I need:**

- Cooling down
- Safe space
- Calming help
- Time

#### **Tools:**

- Claw Reset Breathing
- Cooling Breath
- Calm corner
- Adult help



## **FOOTER CONTENT**

### **Bottom of Poster:**

All zones are okay! We can use our tools to get to Green Zone.

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## **DESIGN TIPS FOR CANVA**

### **Step-by-Step:**

#### **1. Create New Design**

- Choose "Poster" or custom size
- 11×17 inches recommended

#### **2. Set Background**

- Light ocean blue gradient
- Or use ocean-themed template

#### **3. Create 4 Sections**

- Use "Elements" → "Shapes" → Rectangle

- Make 4 equal boxes
- Color each section (blue, green, yellow, red)

#### 4. Add Title

- "OCEAN ZONES: MY FEELINGS GUIDE"
- Large, bold font (48-60pt)
- Center at top

#### 5. Add Zone Content

- Copy content from above
- Use clear, readable fonts (24-32pt for headings, 16-20pt for body)
- Bold zone names and character names

#### 6. Add Character Emojis

- 🌊 for Blue Zone
- ⭐ for Green Zone
- 🐼 for Yellow Zone
- 🦀 for Red Zone
- Make emojis LARGE (72-96pt)

#### 7. Add Borders

- Outline each zone section
- Use zone colors for borders
- 3-5pt border width

#### 8. Add Footer

- Small text (12-14pt)
- Include copyright and website

#### 9. Export

- Download as PDF (high quality)
- Also save as PNG for digital use
- Create B&W version (print → grayscale)



## PRINTING TIPS

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### For Best Results:

#### Color Version:

- Print on cardstock (heavier paper)
- Use color printer or print shop
- Laminate for durability
- Post at student eye level

### **Black & White Version:**

- Print on regular paper
- Students can color-code zones
- Still effective!
- Budget-friendly option

### **Lamination:**

- Use hot laminator (best quality)
- Or use self-adhesive laminating sheets
- Protects from wear and tear
- Can wipe clean

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## **WHERE TO POST**

### **Classroom Locations:**

1. **Calm Corner** (primary location)
  - Eye level for students
  - Near calming tools
  - Visible but not distracting
2. **Near Door** (for check-ins)
  - Students can check zone when entering
  - Quick reference
3. **Teacher Desk Area**
  - For quick reference during lessons
  - For modeling zone identification
4. **Small Copies:**
  - Student desks (mini versions)
  - Student folders/binders
  - Send home to families

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## **ALTERNATIVE DESIGNS**

### **Simple Version (Minimal):**

- Just zone names, colors, and 3 emotions each
- Good for younger students or those easily overwhelmed

## Detailed Version (Maximum):

- Everything from above PLUS:
- Photos of real students in each zone
- More breathing techniques listed
- Visual icons for each emotion

## Interactive Version:

- Laminate and add velcro dots
- Students move their photo/name to current zone
- Great for visual learners



## READY-MADE TEMPLATES

### Can't Design Your Own?

**Option 1:** Use this content guide to hire a designer on Fiverr (\$10-25)

**Option 2:** Request from Calm Connections

- Email: [Support@CalmConnectionsLab.com](mailto:Support@CalmConnectionsLab.com)
- Subject: "Four Zones Poster Request"
- We'll send you a ready-to-print PDF!

**Option 3:** Use the Support Hub

- Visit: [www.CalmConnectionsLab.com/SUPPORT\\_HUB\\_WEBSITE](http://www.CalmConnectionsLab.com/SUPPORT_HUB_WEBSITE)
- Download from resources page
- Print and use immediately



## QUALITY CHECKLIST

Before printing, verify:

- All 4 zones included
- Correct character names and emojis
- Correct zone colors
- Emotion words are accurate
- Text is readable from 6 feet away
- No spelling errors
- Copyright and website included
- Saved as high-quality PDF
- B&W version created (optional)

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## USING YOUR POSTER

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### Teaching Tips:

#### Week 1:

- Introduce poster during Lesson 1
- Point to each zone while teaching
- Have students repeat zone names
- Practice identifying emotions

#### Daily Use:

- Reference during zone check-ins
- Point to zones during lessons
- Use for behavior redirection
- Celebrate when students use it independently

#### Student Engagement:

- Ask: "Show me the Green Zone"
- Ask: "What zone is Crabby in?"
- Ask: "Where would you be if you felt tired?"
- Practice pointing to their current zone

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## BONUS IDEAS

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### Make It Interactive:

#### 1. Add Photos

- Take photos of students showing each zone
- Add to poster sections
- Students love seeing themselves!

#### 2. Add Magnets

- Laminate student name cards
- Add magnetic backing
- Students move their name to current zone

#### 3. Create Mini Versions

- 4×6 inch cards
- One per student
- Keep at desks for quick reference

#### 4. Digital Version

- Display on smartboard
  - Use for whole-class check-ins
  - Interactive touchscreen version
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## **NEED HELP?**

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### **Can't Create the Poster?**

#### **We can help!**

1. Email us: [Support@CalmConnectionsLab.com](mailto:Support@CalmConnectionsLab.com)
2. Subject: "Poster Help Needed"
3. We'll send you a ready-to-print version

#### **Or:**

Visit our Support Hub for:

- Pre-made poster templates
- Video tutorial on creating in Canva
- Troubleshooting help
- Community support

[www.CalmConnectionsLab.com/SUPPORT\\_HUB\\_WEBSITE](http://www.CalmConnectionsLab.com/SUPPORT_HUB_WEBSITE)

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## **MORE FREE RESOURCES**

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Download at: [www.CalmConnectionsLab.com/educators/resources](http://www.CalmConnectionsLab.com/educators/resources)

- Quick Start Checklist
- Meet the Characters sheet
- Week 1 Lesson Plans
- Breathing Technique Cards
- Parent Letter Template
- And more!

**All free. No credit card required.** 