



BLUE ZONE - CALM

When I'm in the Blue Zone, I can:

- Take slow breaths
- Ask for a break
- Get a drink of water
- Do gentle stretches

Breathing: Manta Glide (IN 4 - OUT 6)



GREEN ZONE - READY

When I'm in the Green Zone, I can:

- Focus on my work
- Help others
- Make good choices
- Keep breathing steady

Breathing: Bubble Breath (Deep IN - Slow OUT)



YELLOW ZONE - ELEVATED

When I'm in the Yellow Zone, I can:

- Take a movement break
- Use a fidget
- Ask for help
- Channel my energy

Breathing: Sparkle Breath (Quick IN - Burst OUT)



RED ZONE - BIG FEELINGS

When I'm in the Red Zone, I can:

- Go to the calm corner
- Use Claw Reset Breath
- Tell a trusted adult
- Count to 10

Breathing: Claw Reset (SQUEEZE-HOLD-RELEASE)

