

Understanding My Emotions

Using the Zones of Regulation™ (Kuypers & Winner, 2011)



BLUE



Sad



Tired



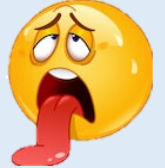
Bored



Sick



Hurt



Exhausted

GREEN



Good



Calm



Okay



Content



Proud



Ready to learn

YELLOW



Silly



Excited



Anxious/
Worried



Over-
whelmed



Frustrated



Scared

RED



Mad



Angry



Mean



Aggressive



















Out-of-
control



Terrified

Coping Skills

Tools for managing my emotions

-  Jumping jacks
-  Yoga
-  Listen to music
-  Positive self-talk
-  Deep breathing
-  Squeeze a stress ball
-  Weighted blanket
-  Go for a walk / get some fresh air
-  Talk to an adult
-  Count to 10
-  Get a drink of water
-  Read a book
-  Draw a picture / artwork
-  Jump rope
-  Play a game
-  Write down how you are feeling



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- Angry
- Mean
- Aggressive
- Out-of-control
- Terrified

