

Name: _____

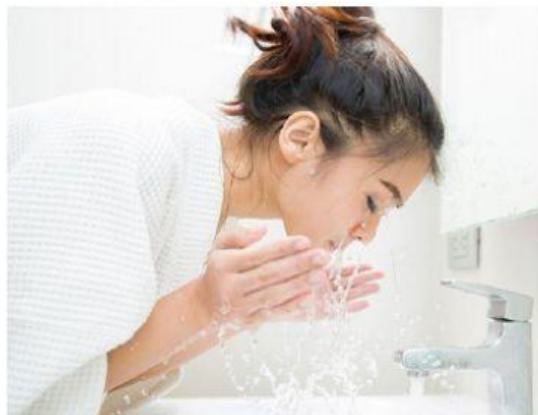
Date: _____

Zones of Regulation

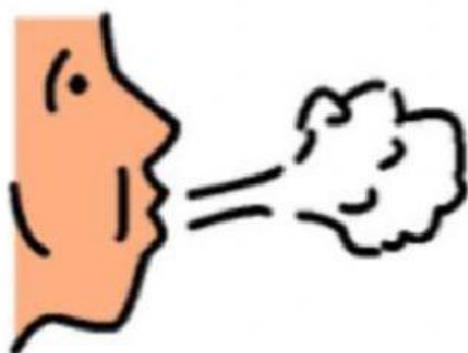
1. **Circle** the correct strategies to go back to the green zone



Shout loudly



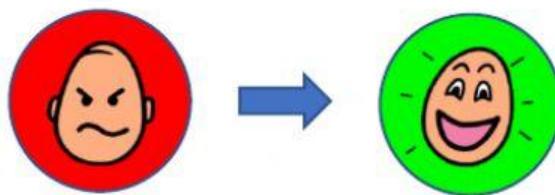
Wash your face



Breathe in and out



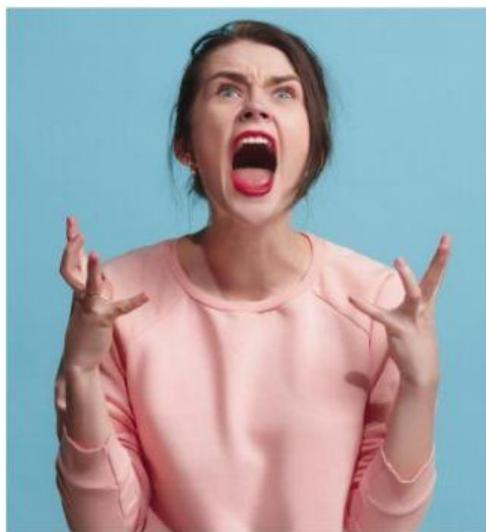
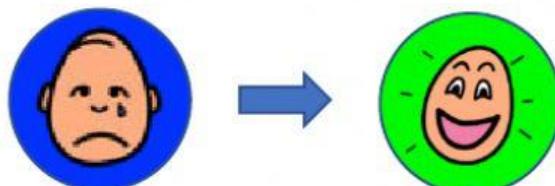
Hit your friends



Throw things



Talk to somebody



Shout loudly



Ask for a hug



Listen to music



Run out of class



Run out of class



Drink water