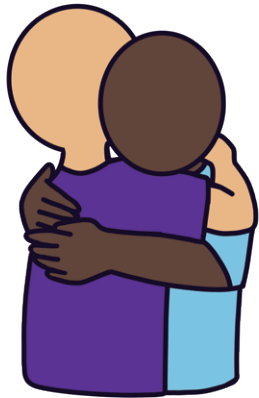


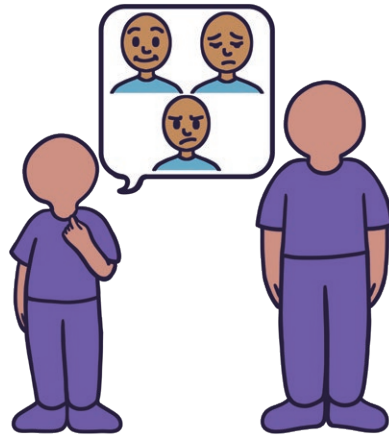
Self-Regulation Strategy Check-in Cards



I am in the **blue** area, I could...



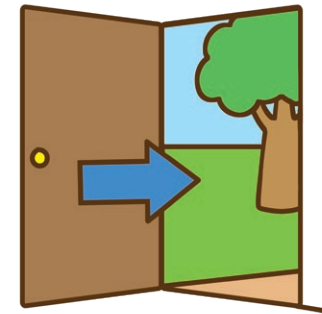
ask for a hug.



talk to an adult
about my feelings.

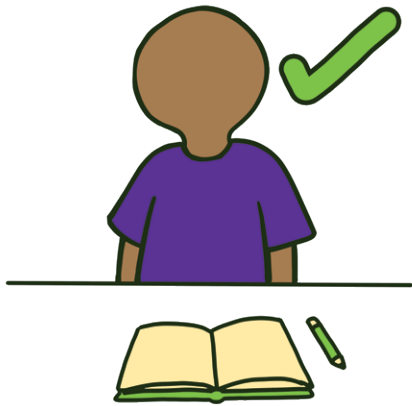


have a rest.



go outside.

I am in the **green** area, I am...



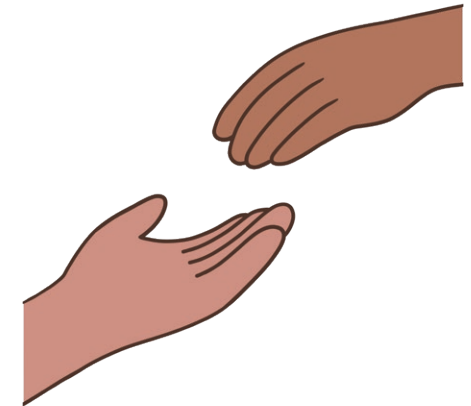
ready to learn.



feeling focused.



doing good
listening.



able to help
a friend.

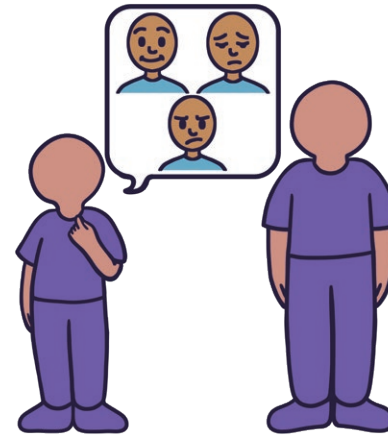
I am in the **yellow** area, I could...



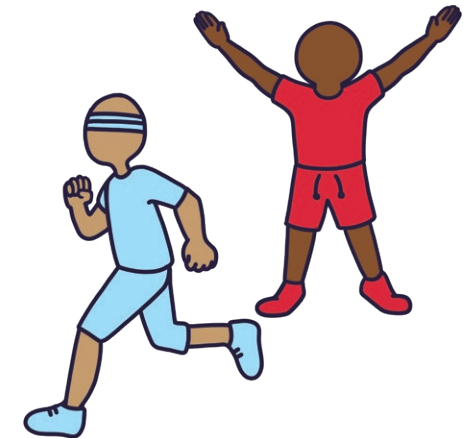
take a break.



go for a walk.

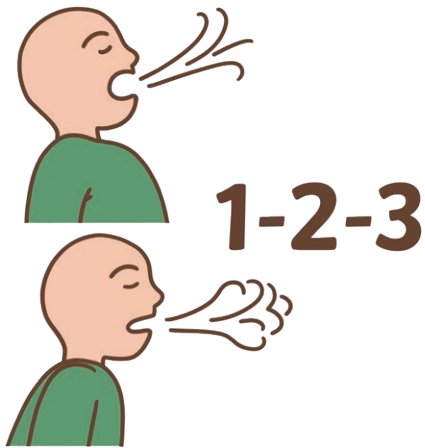


talk to an
adult about
my feelings.

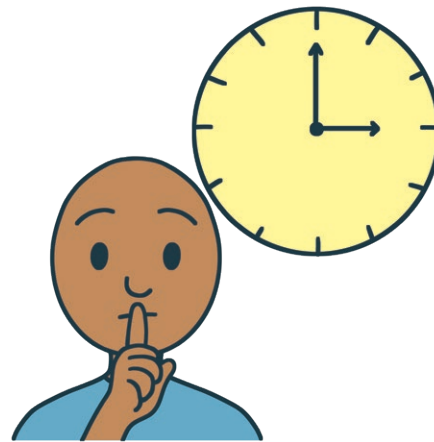


do some exercise.

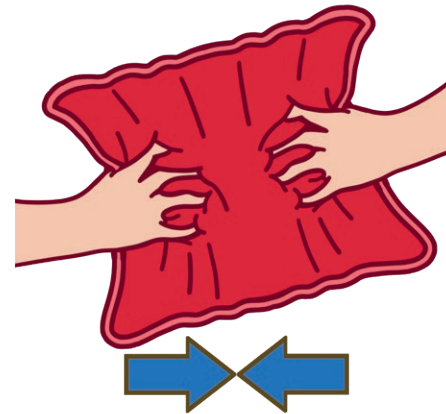
I am in the **red** area, I could...



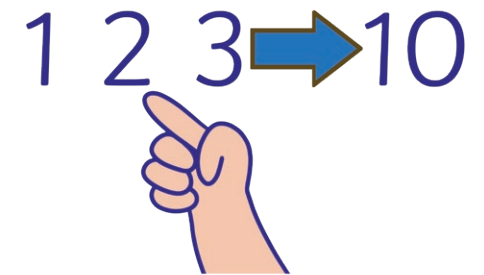
take deep breaths.



have some
quiet time.



squeeze a
cushion or
something soft.



count to ten.