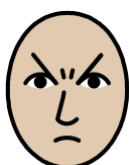
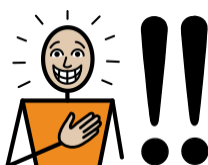




Red Zone



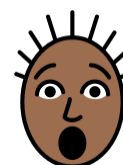
angry



elevated



frustrated



scared



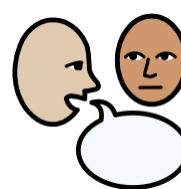
safe space



deep
breaths



fidget toy



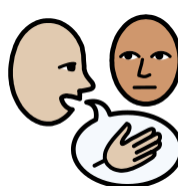
talk



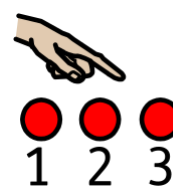
jump



scream



ask for help



1 2 3
count



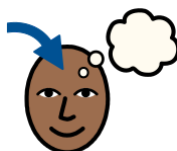
Green Zone



calm



happy



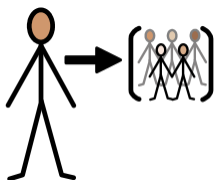
focused



ready to
Scout



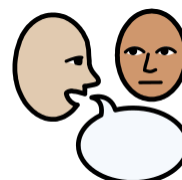
sensory
break



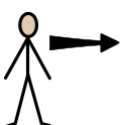
Join in



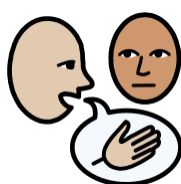
movement
break



talk



join a
game



ask for help



be with
friends



complete
an activity



Blue Zone



bored



upset



worried



ill



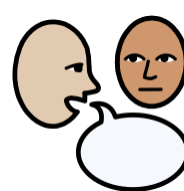
sensory
break



time out



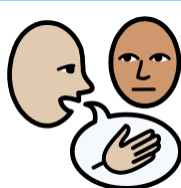
movement
break



talk



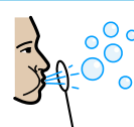
deep
breaths



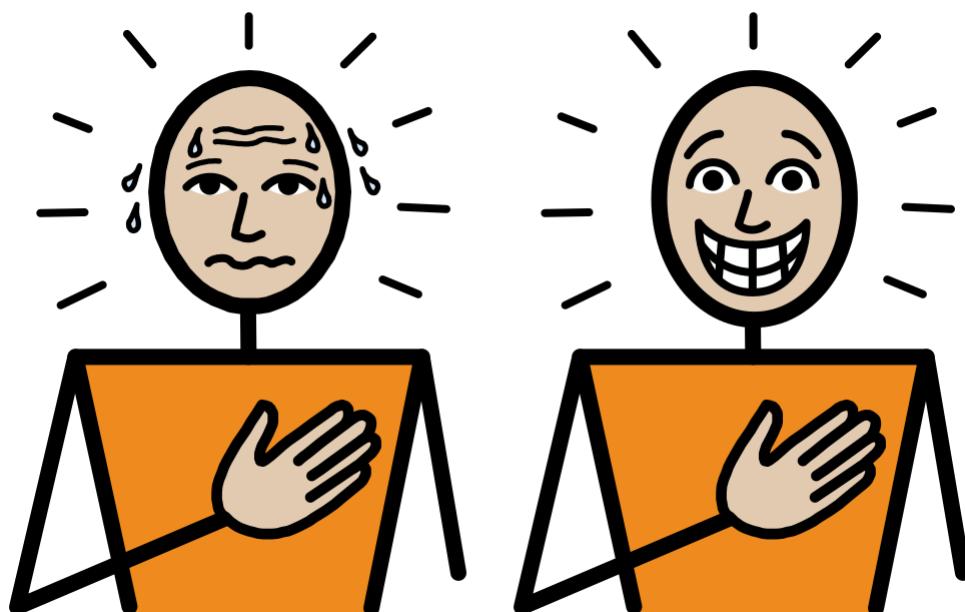
ask for help



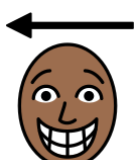
sensory toy



calming
activity



Yellow Zone



excited



silly



anxious



nervous



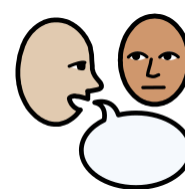
sensory
break



time out



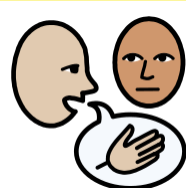
movement
break



talk



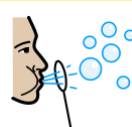
deep
breaths



ask for help



sensory toy



calming
activity