

Self-Regulation Strategy Posters

I am in the **green** area.

I am...



ready to learn.



feeling focused.



doing good listening.



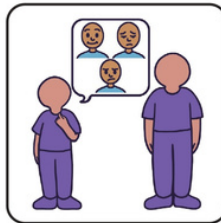
able to help a friend.

I am in the **blue** area.

I could...



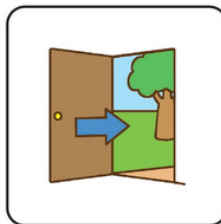
ask for a hug.



talk to an adult
about my feelings.



have a rest.



go outside.

I am in the **yellow** area.

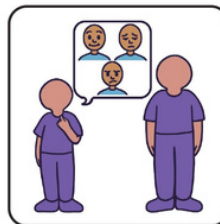
I could...



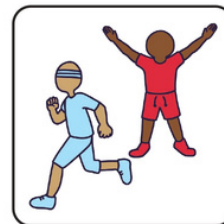
take a break.



go for a walk.



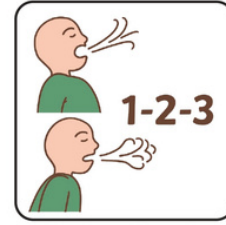
talk to an adult
about my feelings.



do some exercise.

I am in the **red** area.

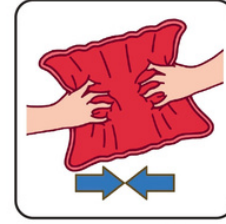
I could...



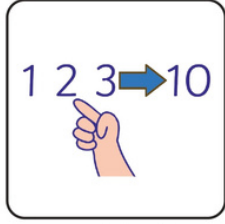
take deep breaths.



have some quiet time.



squeeze a cushion or
something soft.



count to 10.