

Calming the Chaos



Zones of Regulation -> self- awareness-> coping strategies-> get back to **GREEN Zone**- 😊

Expand feeling vocabulary

Red Zone= Release then Calm

Yellow Zone= Release or Calm

☹️ **Blue Zone** = Energize

EMPATHY = _____

One liners (brain dead- don't argue)= _____

Give 2 Choices (SHARE the POWER) = both options you are ok with = Setting Limits... LIMITS= SAFETY

"Would you rather _____ or _____?" You decide...

"What would be best for you? _____ or _____?"

"When you _____ then you can _____"

"Yes, you can _____ as soon as you _____"

My Self Care strategies =

Calming ideas: PRACTICE SKILLS

Breathe, Stillness, Mindfulness, Journal, Positive Self – Talk practice, Happy Thoughts (What is your Green Zone?) Calm down space, Calm down tools/ box/ fidgets, body control moves (Move or Relax)

More =

Non- Verbal signal ideas=

Resources=

Apps: Headspace, Breathe, Think, Do with Sesame Street,

Books = *If you're Angry and You Know It*, *The Way I Feel*, *ABC's of Yoga*, *Yoga Calm for Children*, *Soda Pop Head*

Websites= You Tube videos (progressive muscle relaxation, body scan, Elmo, breathe etc)

<https://www.GoNoodle.com> (Flow) or Mind Yeti

Cosmic Kids <https://www.cosmickids.com>,

Yoga Calm <https://www.1000-petals.com>

Other Notes =