

My Behaviour Support

What Zone Are You In?

All feelings are okay. They give us important information.

Blue Zone

LOW ENERGY



Sad

Tired

What can I do?



Rest

Green Zone

JUST RIGHT



Happy

Calm

What can I do?



Keep going

Orange Zone

HIGH ENERGY



Worried

Frustrated

What can I do?



Take a breath

Red Zone

OVERWHELMED



Angry

Overwhelmed

What can I do?



Stop and get support



You are not a bad child for having big feelings.

Feel it  Be kind to yourself  Support is always available

