

• SELF-REGULATION •

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FIND YOUR ZONE

Ideal State
of Alertness

Heightened
State of
Alertness

Low State
of Alertness

Extremely
Heightened
State of
Alertness

GREEN

YELLOW

BLUE

RED

Happy
Focused
Excited
Smiling
Joyful

Worried
Confused
Overwhelmed
Nervous
Silly

Sad
Tired
Bored
Nervous
Sick

Angry
Upset
Wanting to Scream
Refusing to Work
Aggressive



Energised
Ready to Learn
Having a good time

Worried
Fidgety
Agitated

Quiet
Withdrawn
Calm

Punching
Screaming
Hitting

"I feel happy"

"I feel loss of
control"

"I feel distant"

"I feel like my head
is about to explode"

GO

SLOW

REST

STOP

Keep it Up!

Play with Slime
or Playdough

Sing a song or
do a dance

Take a walk
outside and
smell a flower