<table>
<thead>
<tr>
<th>My Mood Zone</th>
<th>How my body looks or feels:</th>
<th>What I can do:</th>
</tr>
</thead>
</table>
| **The Red Zone: I am really mad/angry** | - My voice is loud and I am yelling  
- I am not listening to my parents or adults  
- My body is not calm  
- I am not being safe  
- I am being unkind | PARENTS- Fill in this section for home coping skills |
| **The Yellow Zone: I am sad, frustrated, or tired** | - My voice is starting to get loud  
- My body is moving a lot and not very calm  
- I am not listening to everything my parent or adults are saying  
- I am starting to be unsafe  
- I am being unkind | PARENTS- Fill in this section for home coping skills |
| **The Green Zone: I am happy and calm** | - My voice is quiet and I am not yelling  
- I am smiling or laughing  
- My body is calm and I am doing good work  
- I am following my rules, listening to my parents or adults, & being kind! | - Keep up the great work!  
- Ask for a high-five!  
- Ask for squeezes!  
- Keep having fun! |

I can always ask for:
Tres' Problem Solving Checklist

Right now, I feel

| Happy or calm | Sad or upset | Tired or sick | Frustrated | Really, really angry!! |

Because

----------------------------------------------------------------------------------------------------------------
<table>
<thead>
<tr>
<th>Size</th>
<th>No problem</th>
<th>Tiny</th>
<th>Medium</th>
<th>Big</th>
</tr>
</thead>
<tbody>
<tr>
<td>What it looks like</td>
<td>There is no problem or the problem is all done. I am happy, calm, and on track!</td>
<td>I can solve this by myself - I’m the only one upset - It’s not dangerous - It won’t last long - I don’t need to talk about it</td>
<td>I may not be able to solve this by myself - 1-2 people are affected - It may be dangerous - It lasts less than 10 minutes - I may need an adult to help me</td>
<td>I cannot solve this by myself - More than 2 people are affected - It is dangerous - It lasts more than 10 minutes - I need an adult to help me</td>
</tr>
<tr>
<td>What I need to do</td>
<td>Stay calm and keep up the good work! - Be flexible and stay calm - Ignore the problem and solve it myself - Take deep breaths - Get back on task</td>
<td>- Be flexible and stay calm - Tell an adult if I can’t solve it myself - Take deep breaths - Take a minute and get back on task</td>
<td>- Be flexible and stay calm - Tell an adult right away - Take deep breaths - Listen to an adult and see what’s next</td>
<td></td>
</tr>
<tr>
<td>How I can problem solve</td>
<td>- Ignore it - Stay on task</td>
<td>- Ignore it - Stay on task - Take a minute to myself - Journal my feelings - Squeeze a stress ball</td>
<td>- Ignore it - Stay on task - Take a minute to myself - Journal my feelings - Squeeze a stress ball 25 times - Take a walk - Ask an adult for help ONLY if the problem needs it</td>
<td>- Ask an adult for help - Go somewhere different - Take a few minutes to myself - Journal my feelings - Squeeze a stress ball 25 times - Take a walk</td>
</tr>
</tbody>
</table>

Is my voice quiet? Yes | No
Is my body calm? Yes | No
Am I all done talking about the problem? Yes | No

All YES = Get back on track Any NO’s = Take a minute and do this again