



My Mood Zone	How my body looks or feels:	What I can do:
	<p><u>The Red Zone: I am really mad/angry</u></p> <ul style="list-style-type: none"> - 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 	<p>PARENTS- Fill in this section for home coping skills</p>
	<p><u>The Yellow Zone: I am sad, frustrated, or tired</u></p> <ul style="list-style-type: none"> - 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 	<p>PARENTS- Fill in this section for home coping skills</p>
	<p><u>The Green Zone: I am happy and calm</u></p> <ul style="list-style-type: none"> - 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! 	<ul style="list-style-type: none"> - Keep up the great work! - Ask for a high-five! - Ask for squeezes! - Keep having fun!
<p>I can always ask for:</p>		

Tres' Problem Solving Checklist

Right now, I feel

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

Size	No problem	Tiny	Medium	Big
What it looks like	There is no problem or the problem is all done. I am happy, calm, and on track!	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	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	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
What I need to do	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	- 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	- Be flexible and stay calm - Tell an adult right away - Take deep breaths - Listen to an adult and see what's next
How I can problem solve	- Ignore it - Stay on task	- Ignore it - Stay on task - Take a minute to myself - Journal my feelings - Squeeze a stress ball	- 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	- 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

Is my voice quiet?

Yes	No
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Is my body calm?

Yes	No
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Am I all done talking about the problem?

Yes	No
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All YES = Get back on track

Any NO's = Take a minute and do this again