



ZONES



OF REGULATION

The Zones of Regulation® helps us understand our feelings and energy so we can make good choices and handle challenges in a healthy way.

BLUE ZONE

Low Energy



Running slow, feeling down, tired or bored.

I MIGHT FEEL:

- ♥ Sad
- ♥ Tired
- ♥ Bored
- ♥ Sick
- ♥ Lonely

TOOLS THAT HELP:



Get rest Drink water Read a book

GREEN ZONE

Good to Go!



Feeling calm, happy and focused. Ready to learn and play!

I MIGHT FEEL:

- ♥ Happy
- ♥ Calm
- ♥ Focused
- ♥ Content
- ♥ Proud

TOOLS THAT HELP:



Plan my day Stay organized Keep going!

YELLOW ZONE

Caution



My engine is revving. I may feel worried, frustrated, silly or lose control.

I MIGHT FEEL:

- ♥ Worried
- ♥ Frustrated
- ♥ Silly
- ♥ Anxious
- ♥ Excited

TOOLS THAT HELP:



Take a break Squeeze something Think positive

RED ZONE

Out of Control



My engine is racing! I feel angry, overwhelmed or out of control.

I MIGHT FEEL:

- ♥ Angry
- ♥ Terrified
- ♥ Overwhelmed
- ♥ Out of control
- ♥ Panicked

TOOLS THAT HELP:



Move my body Ask for a hug Talk to someone

All feelings are okay.
It's what we do with them that matters.

Notice my zone. Use tools. Get back to green. ♥



THE BLUE ZONE

Low Energy



The Blue Zone is when I feel low energy. I might feel sad, tired, bored, sick or slow. My body and brain need support to feel better.



I MIGHT FEEL:

<p>Sad</p>	<p>Tired</p>	<p>Bored</p>	<p>Sick</p>	<p>Lonely</p>
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WHAT IT CAN LOOK LIKE:

<p>Low energy or moving slowly</p>	<p>Hard to get started</p>	<p>Trouble concentrating</p>	<p>Wanting to be alone or hide</p>	<p>Wanting to rest or sleep</p>
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TOOLS THAT HELP ME:

<p>Take deep breaths</p>	<p>Take a break</p>	<p>Read a book</p>	<p>Drink water</p>	<p>Do something calming</p>	<p>Ask for a hug</p>
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It's okay to feel this way. Notice my zone, use tools that help, and take small steps to get back to green.





THE



GREEN ZONE



Good to Go!



The Green Zone is when I feel calm, happy, focused and ready to learn or play. My body feels just right, and I can handle whatever comes my way!



I MIGHT FEEL:



Happy



Calm



Focused



Proud



Content

WHAT IT CAN LOOK LIKE:



Ready to learn and listen



Working well with others



Staying focused on my goals



Making good choices



Feeling okay and in control

TOOLS THAT HELP ME STAY IN THE GREEN ZONE:



Take deep breaths



Drink water



Listen to calming music



Draw or write



Move my body



Talk about my feelings



I'm in the Green Zone!
I can keep using my tools to stay calm, focused and ready for anything!



THE YELLOW ZONE

Caution



The Yellow Zone is when my energy starts to get higher. I may feel worried, frustrated, silly or lose control. It's my cue to slow down and use tools to stay in control.



I MIGHT FEEL:



Worried



Frustrated



Silly



Anxious



Lose Control

WHAT IT CAN LOOK LIKE:



My engine is revving up



Trouble thinking clearly



Hard to sit still



Voice getting louder



Tense body or clenching



Impulsive choices

TOOLS THAT HELP ME STAY IN THE YELLOW ZONE:



Take deep breaths



Take a break



Listen to calming music



Squeeze something



Drink water



Write or draw my feelings



Go to a quiet space



It's okay to feel this way. I can slow down and use my tools. I can stay in control.



THE

RED ZONE

♥ Out of Control ♥

The Red Zone is when I feel **very high energy and out of control**. I may feel angry, terrified, overwhelmed, out of control or panicked. My body and brain need help to calm down.

STOP

I MIGHT FEEL:



Angry



Terrified



Overwhelmed



Out of Control



Panicked

WHAT IT CAN LOOK LIKE:



My engine is racing



Hard to think clearly



Big feelings feel too big



Yelling or being very loud



Hitting, kicking or breaking things



Impulsive or unsafe choices

TOOLS THAT HELP ME CALM DOWN:



Take deep breaths



Get a blanket or cozy space



Listen to calming music



Squeeze something or use a fidget



Drink water



Take a break for a few minutes



Draw or write my feelings



It's okay to feel this way. I can get help from my tools or someone I trust. **I can calm my body and get back to the Green Zone.**





ENGAGING RESOURCES FOR EVERY YOUNG LEARNER!



TEACH • INSPIRE • SUCCEED

Bright, Visual, and Classroom-Ready Resources to Make Learning Fun and Effective!

Narrative Writing Structure

How to build a great story

- 1. Orientation / Beginning**
Introduce the characters, setting, and situation. What? Where? When?
- 2. Complication**
A problem begins and the story becomes interesting. What goes wrong?
- 3. Rising Action**
Show the important events and build suspense. What happens next?
- 4. Climax**
The most exciting or important moment in the story. How does the problem reach its biggest moment?
- 5. Resolution / Ending**
The problem is solved and the story finishes. How does it end?

Narrative Writing Tips

- Use interesting characters
- Describe the setting
- Build tension
- Use sequencing words
- End with a satisfying resolution

SH Blend

When s and h stand together, they make the /sh/ sound.

Say the sound /sh/ /sh/ /sh/

Read these 14 words

shell shoe sheep ship shark shop shed shut shine shake shape short

The sheep went to the shop for a shoe.

LIFE SKILL: MAKING A BUDGET!

Smart choices today, brighter tomorrow!

WHAT IS A BUDGET? A budget is a plan for your money. It helps you make sure you have enough for the things you need, want, and to save!

5 EASY STEPS TO MAKE A BUDGET

- 1. KNOW YOUR MONEY**
Find out how much money you have.
- 2. DECIDE WHERE IT GOES**
Think about what you need, want, and what you can save.
- 3. WRITE IT DOWN**
Make a plan for you. Use your budget clearly.
- 4. SPEND WISELY**
Use your money according to your plan.
- 5. REVIEW AND ADJUST**
Check your budget often. Make changes if you need to.

EXAMPLE: LILY'S BUDGET

ITEM	PLAN	ACTUAL
Meats	\$10	\$9
Vegetables	\$6	\$6
Spices	\$4	\$5
TOTAL	\$20	\$20

TIPS FOR SUCCESS!

- Get a goal. Saving for something special makes it exciting!
- Be patient. Good things take time.
- Don't impulse buy. Take a breath and think first.
- Talk about money with a grown-up. They can help!
- Celebrate your wins, no matter how small!

YOU'VE GOT THIS!
A budget today helps you build the life you dream of tomorrow!

WRITING INFORMATIVE TEXTS

Informative texts give facts and information about a topic to help the reader understand.

- 1. PURPOSE**
To inform, explain, describe, or clarify a topic using facts.
- 2. FEATURES**
 - Facts and statistics
 - Clear and logical organization
 - Topic-specific vocabulary
 - Headings and subheadings
 - Diagrams, charts, maps, or captions
 - Objective tone (no personal opinions)
- 3. STRUCTURE**
 - INTRODUCTION**
Introduce the topic and give a general idea.
 - BODY**
Present facts and details in a clear, organized way.
 - CONCLUSION**
Summarize the main points or provide a final thought.
- 4. TIPS FOR SUCCESS**
 - Choose a topic you find interesting.
 - Research from reliable sources.
 - Take notes and organize your ideas.
 - Use clear, simple, and precise language.
 - Check your work for accuracy and clarity.

READY FOR LIFT-OFF!
Great informative writing helps readers learn, understand, and explore the world—and beyond!

TEEL PARAGRAPH STRUCTURE

A strong paragraph that launches your ideas clearly and powerfully!

T: TOPIC SENTENCE
Introduce the main idea of your paragraph.
EXAMPLE: Space exploration brings many benefits to our world.

E: EXPLAIN
Explain the topic sentence in more detail.
EXAMPLE: It leads to new technologies, improves our understanding of Earth, and inspires future generations.

E: EVIDENCE
Provide facts, data, or examples to support your ideas.
EXAMPLE: NASA's recent missions include the Mars rover and water filters.

L: LINK
Link your evidence back to your topic sentence.
EXAMPLE: These advances show how space exploration has a positive impact on everyday life.

LAUNCH YOUR IDEAS!
TEEL helps your writing stay organized and powerful—just like a rocket reaching for the stars!

PUT IT ALL TOGETHER
Use TEEL in every body paragraph to build strong, well-structured, and high-flying writing!

PERFECT FOR:



Teachers



Homeschool



Tutors



Parents



& More!

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ENGAGING DESIGNS

CURRICULUM ALIGNED

EASY TO USE

SAVE TIME

SUPPORT LEARNING