

Yellow Zone



Zones of Regulation Social Story



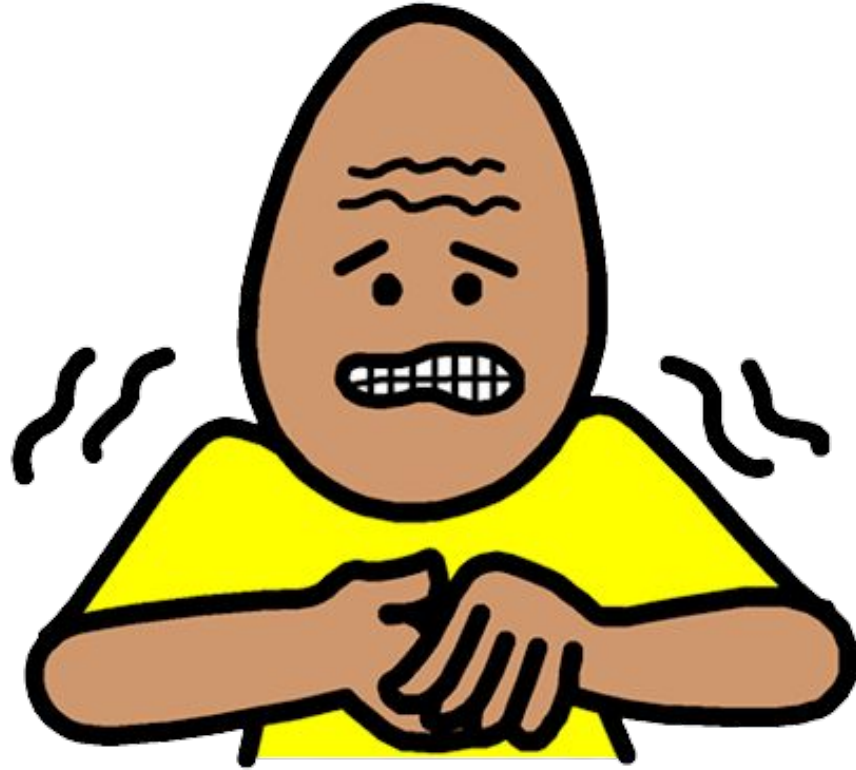
When I am silly, I am in the **yellow zone**.



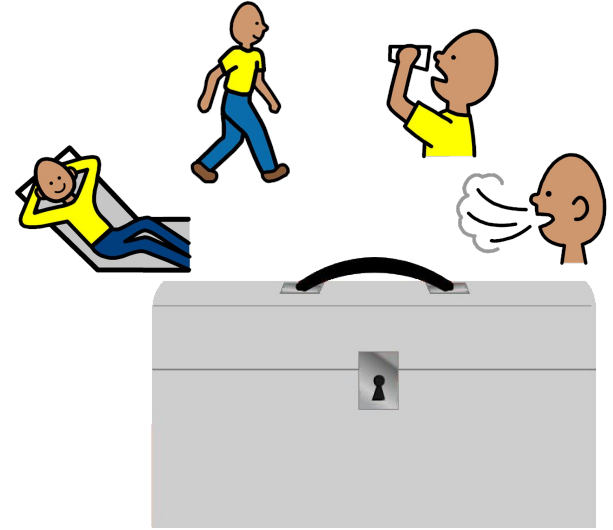
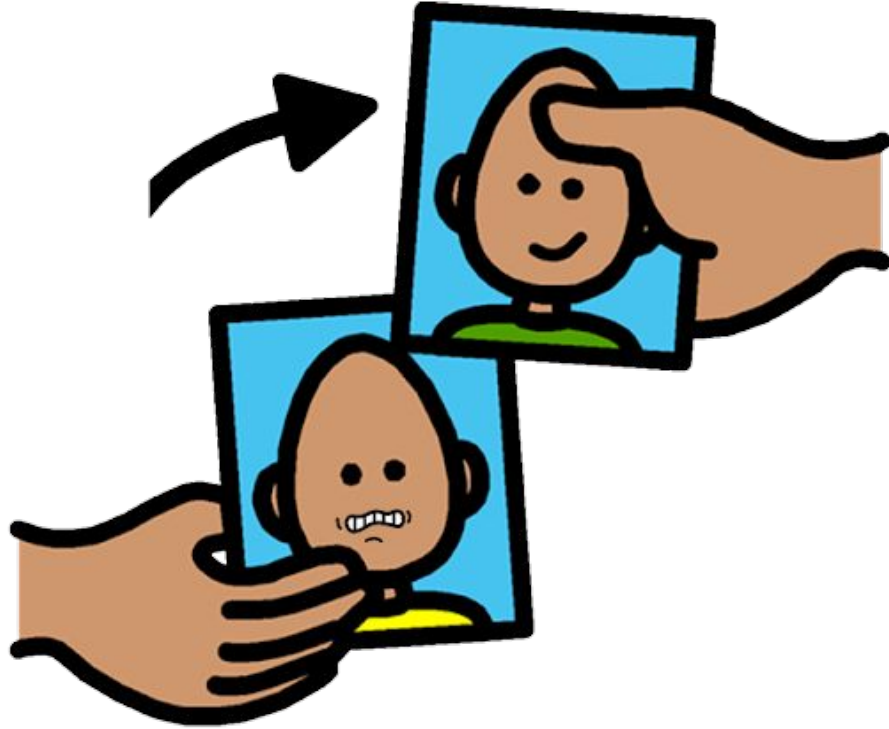
When I feel frustrated, I am in the **yellow zone**.



When I feel excited, I am in the **yellow zone**.



When I feel worried, I am in the **yellow zone**.



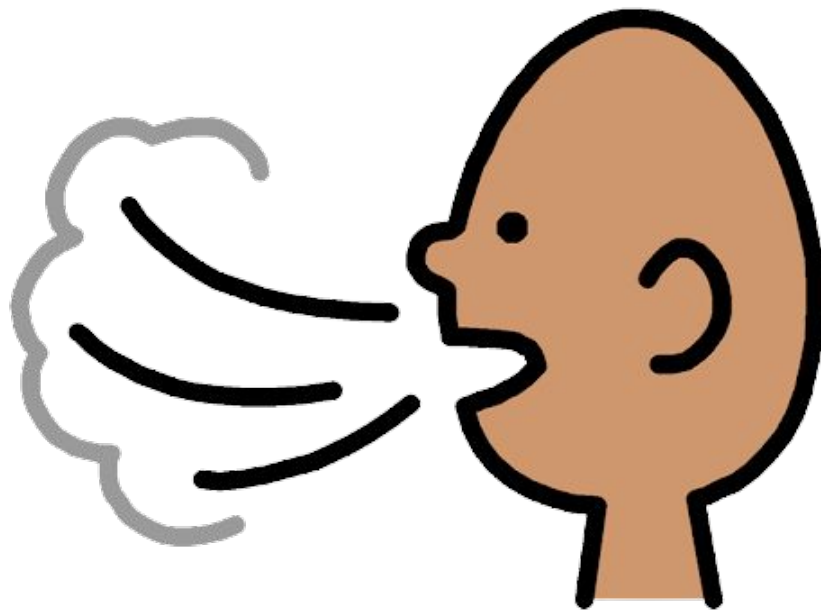
When I am in the **yellow zone**,
I can try different tools to feel better.



I can take a break.



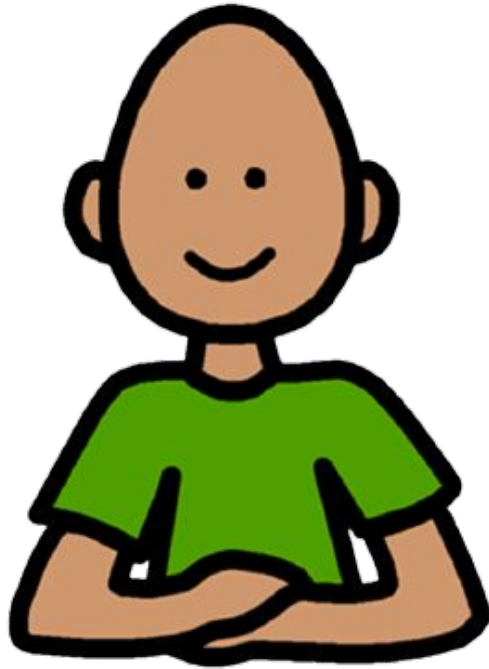
I can go for a walk.



I can try breathing strategies.



I can drink water.



Once I feel better, I am back in the **green zone!**



I am ready to learn when I am in the **green zone**.