

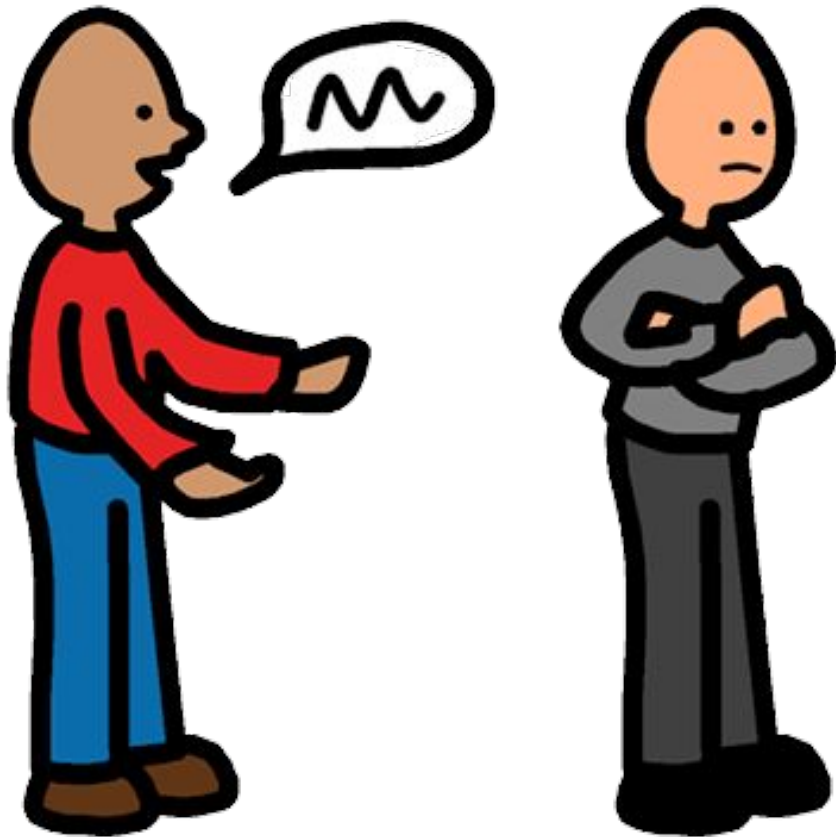
Red Zone



Zones of Regulation Social Story



When I feel mad, I am in the **red zone**.



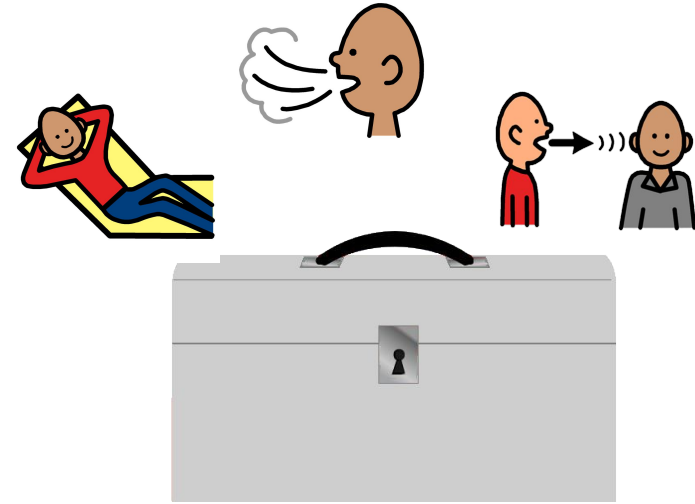
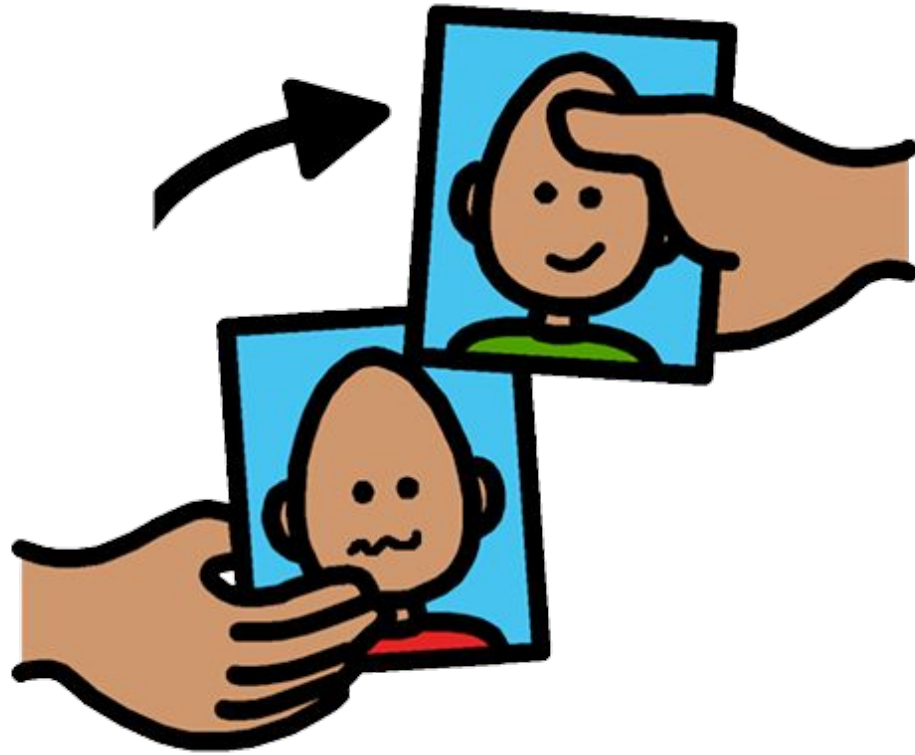
When I am mean, I am in the **red zone**.



When I feel terrified, I am in the **red zone**.



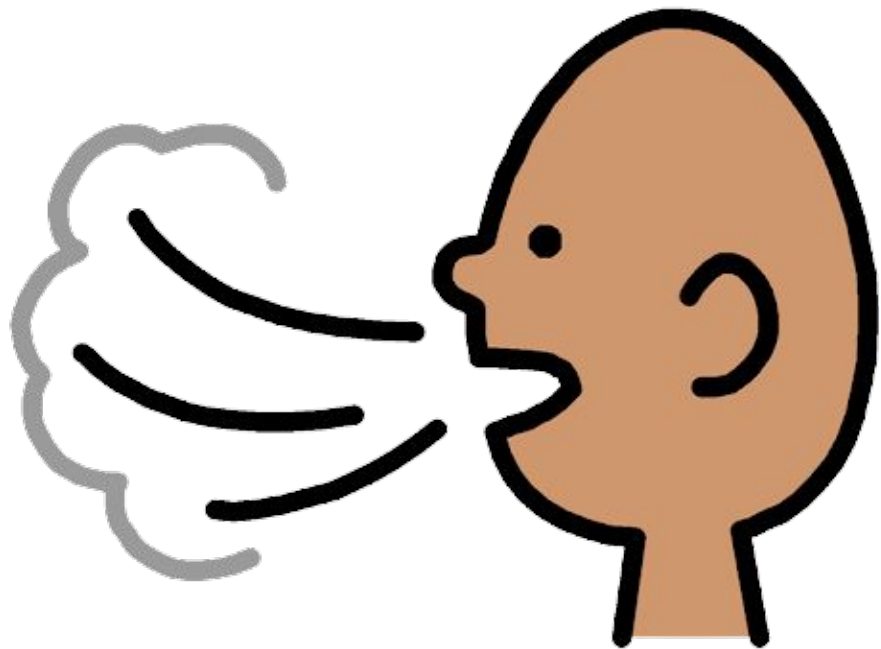
When I hit and yell, I am in the **red zone**.



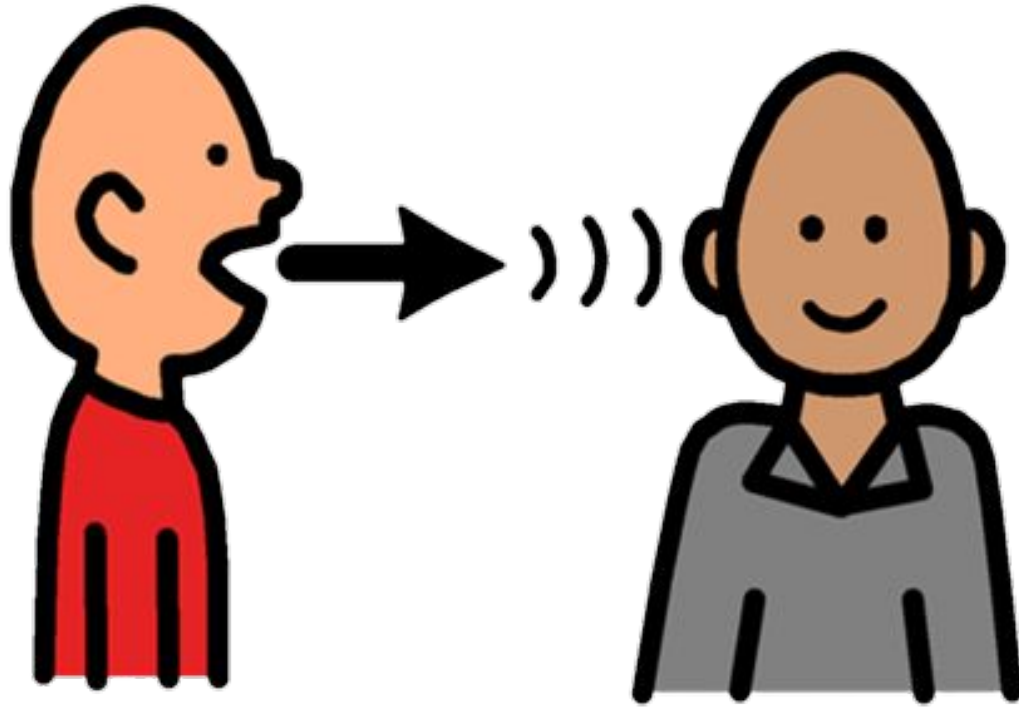
When I am in the **red zone**,
I can try different tools to feel better.



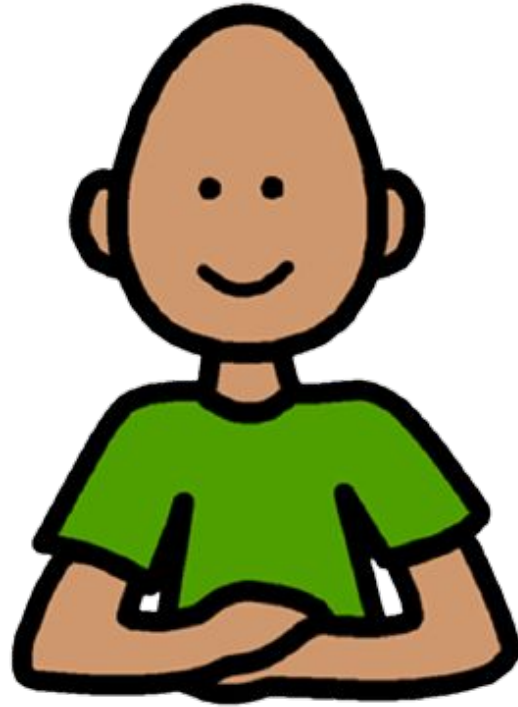
I can take a break.



I can try breathing strategies.



I can talk to an adult.



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



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