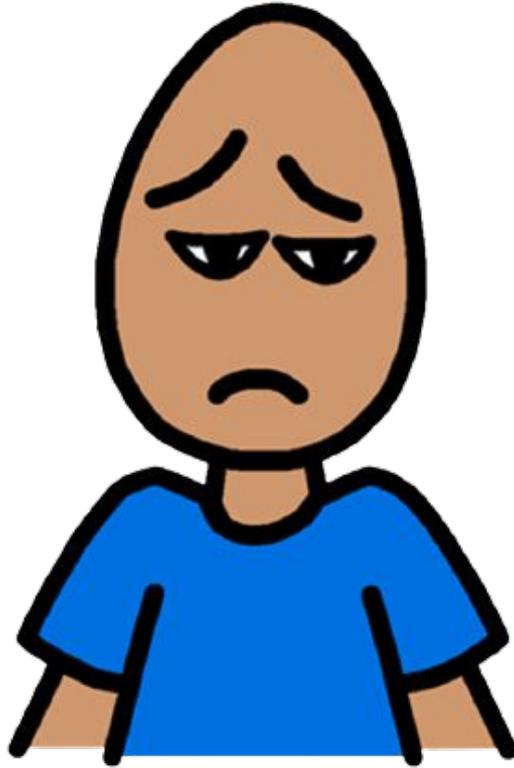


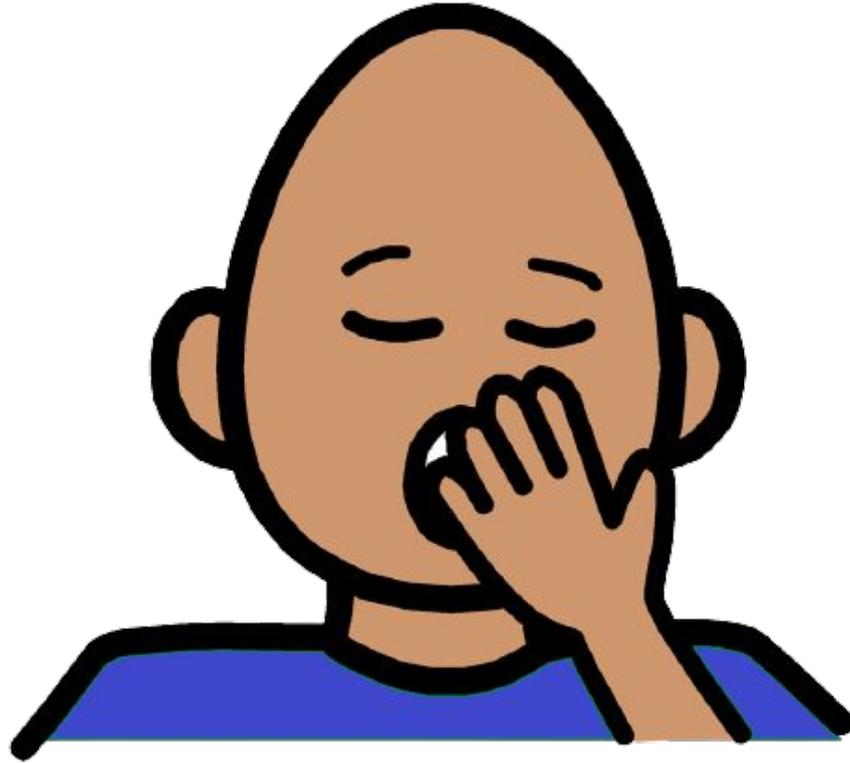
# Blue Zone



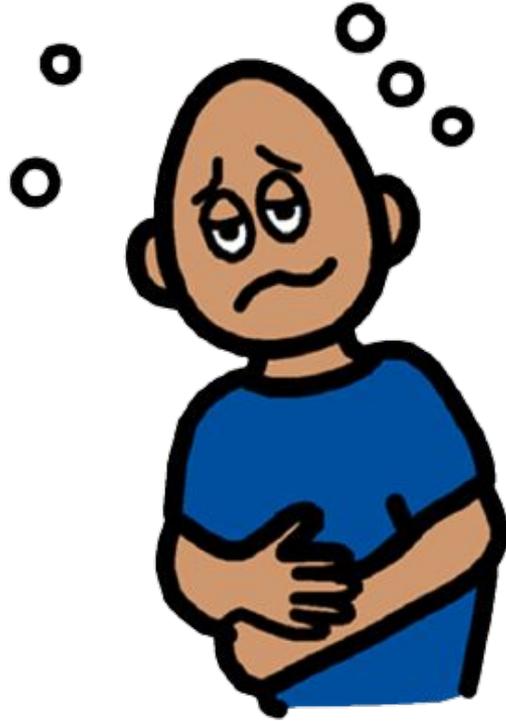
Zones of Regulation Social Story



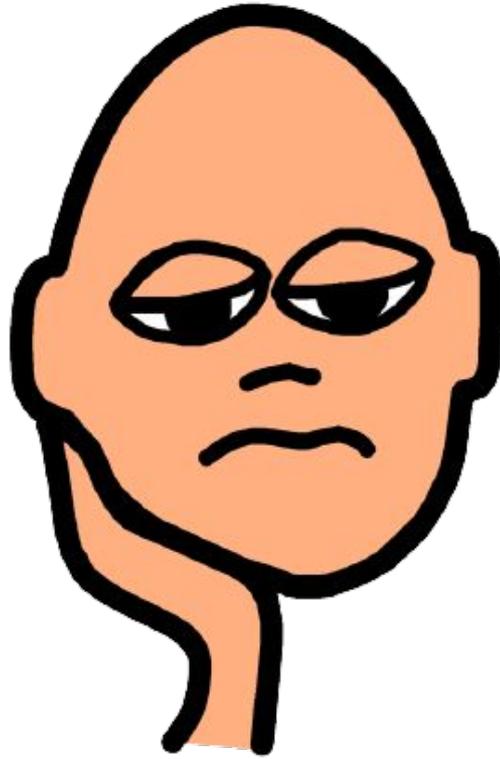
When I feel sad, I am in the **blue zone**.



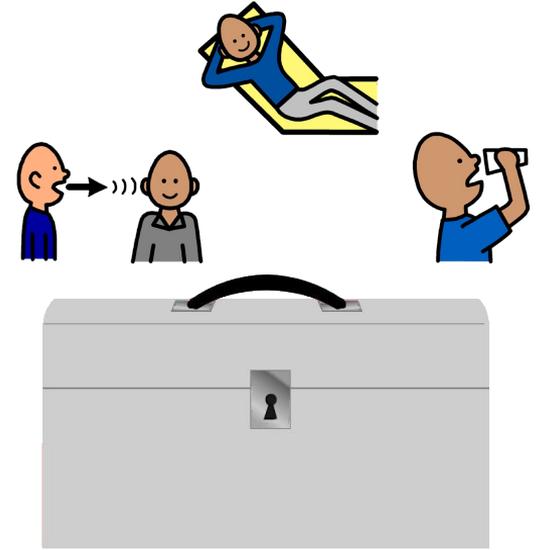
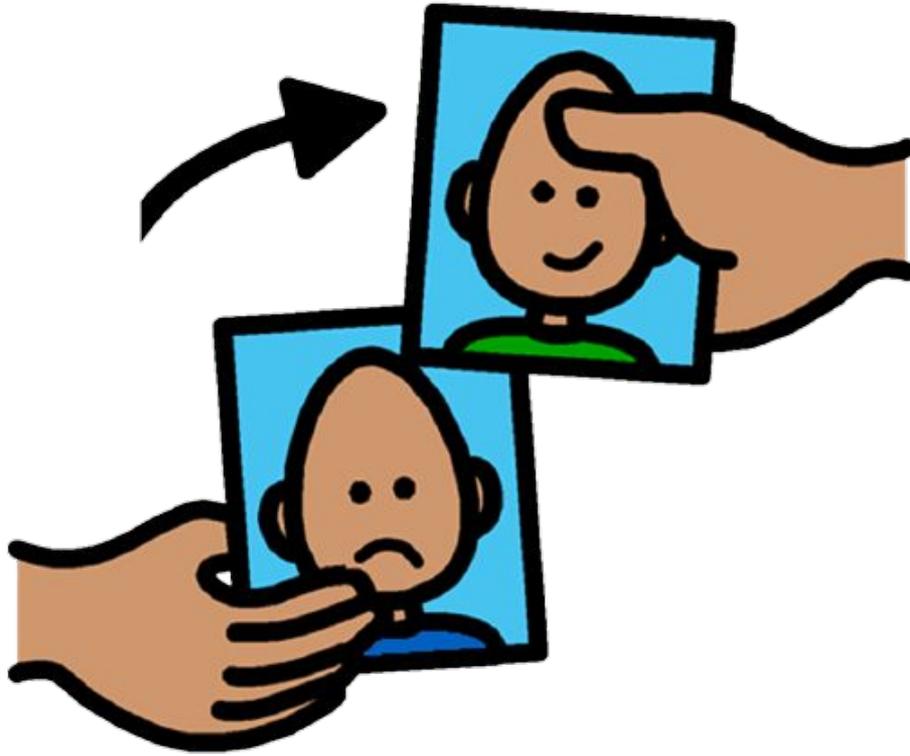
When I feel tired, I am in the **blue zone**.



When I feel sick, I am in the blue zone.



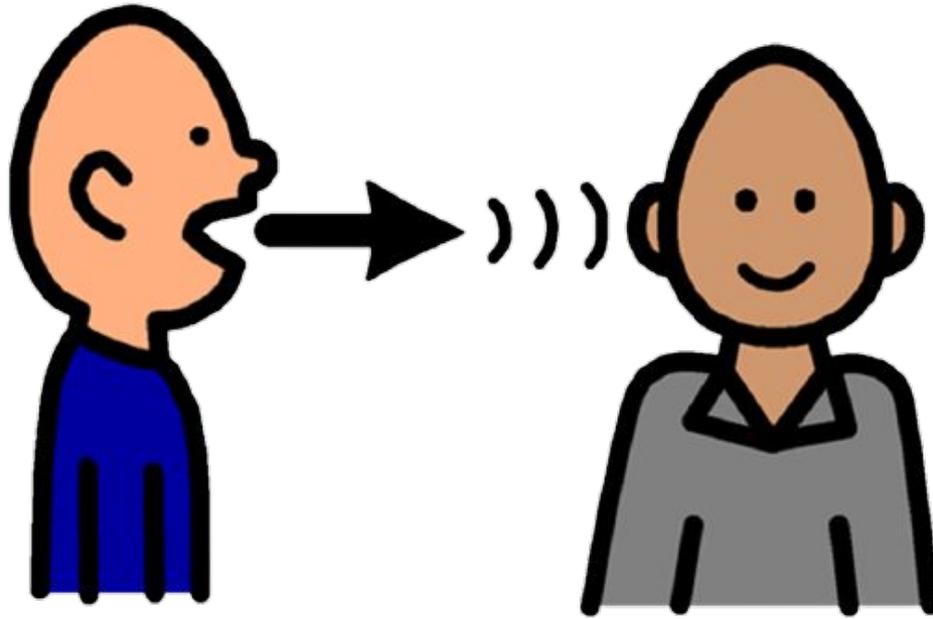
When I feel bored, I am in the blue zone.



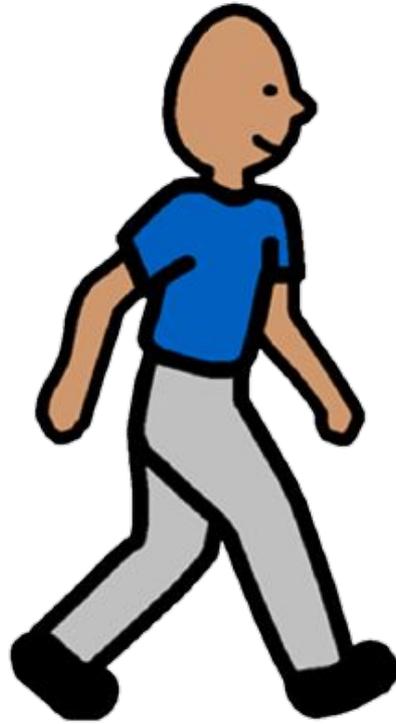
When I am in the **blue zone**,  
I can try different tools to feel better.



I can take a break.



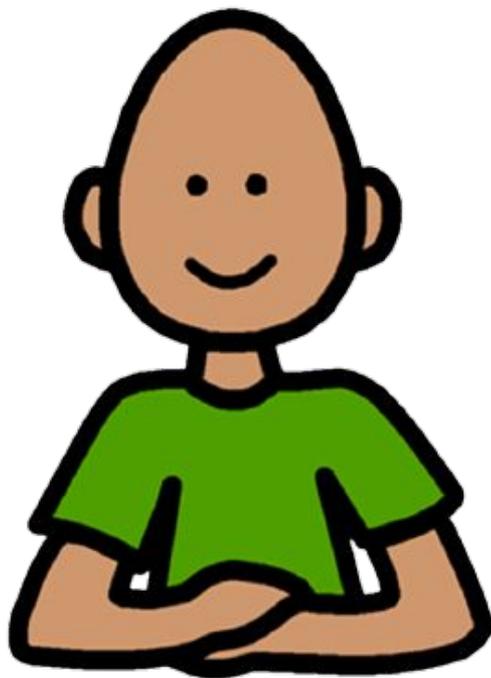
I can talk to an adult.



I can go for a walk.



I can drink water.



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