



Break

Space



Break Space Expectations

Get permission from teacher to use break space



Set timer for 3 minutes.



Choose a tool from the break box. Use your calming strategies.



When timer is done. Put your tool back in the box.



Return to classroom activity.



The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

Mindful Morning



5

Slowly take five deep breaths.



4

List four things you can see or notice around you.



3

List three things you are grateful for.



2

Say two positive self-talk statements to yourself.



1

Name one thing you are looking forward to today.

