

TOP 5 GREEN ZONE[©]

TOOLS FOR KIDS

#1 KNOW MY ZONES!

We feel our best when we are happy and calm and strong, like we can tackle anything. Sometimes, though, we feel stressed and scared OR sad and guilty OR really angry and out of control. It's okay to feel these ways AND to ask for support

when we do. With Green Zone we can learn how to manage these big feelings and get back on course to feeling good.



THE GREEN ZONE

The Green Zone is where we feel good. It is where we eat, sleep, help others, learn, work, play and pray. The Green Zone is the best place to learn new things which helps us grow. **GROW THE GREEN!**

What do you do in the Green Zone?

How does your body feel in the Green?



THE YELLOW ZONE

The Yellow Zone is where we feel stressed and scared. We might be nervous about doing new things or meeting new people. We might be worried that things will go wrong. It helps when others see that we are struggling and offer help.

What do you do in the Yellow Zone?

How does your body feel in the Yellow?



THE BLUE ZONE

The Blue Zone is where we feel really sad. Maybe we made a mistake and feel bad about ourselves. Maybe we feel hopeless - like things won't work out the way we want. It helps when others see that we are feeling blue and remind us that we are loved and that things will be okay.

What do you do in the Blue Zone?

How does your body feel in the Blue?

THE RED ZONE

The Red Zone is where we feel out of control and not caring about safety. Maybe we are very mad about something that doesn't feel fair. Maybe we are mad at someone who hurt our feelings. It helps when others protect us in the Red Zone and keep us safe so we can calm down.

What do you do in the Red Zone?

How does your body feel in the Red?



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#2 SHINE A LIGHT!

Thinking too much about the future and the past can make us feel anxious and sad. If we Shine A Light on what is happening right now, our mind can calm down and focus on what is most important in the moment. This can help us Grow the Green!

These are a few helpful ways to Shine A Light...



BREATHING:

Breathing is our friend. When our mind feels too busy or our feelings too big, stop and breathe. One way is to breathe in slowly like you are smelling a flower and breathe out like you are blowing a soap bubble.

OUR BODY:

Getting out of our head and into our body can help us feel more relaxed and focused. Can you roll your shoulders? Can you plant your feet? Can you raise your hands and wiggle your fingers? Can you shake your tail feathers?

OUR THINKING:

Thinking about our thinking can help us to see if our thoughts are our friend or our enemy. Oh the things we can think! Some are amazing and magical thinks and others can make us feel like we stink! Shine a Light on your thinking to keep you from sinking.

OUR FEELINGS:

Our thinking and our feelings are connected to each other like a yoyo on a string. When you Shine a Light on your thinking, notice how your thinking makes you feel? Are there thoughts that would make you feel better?

OUR URGES:

Urges are thoughts that make us want to do something. Acting without thinking can get us or others hurt. Shining a Light on urges can help us to know if it is a good idea or not to act.

THE WORLD AROUND US:

We use our senses to Shine a Light on what is happening around us right now.

SIGHT: Can you see something of each color in the rainbow (red, orange, yellow, blue, green, purple)?

SMELL: Can you smell three different smells right now? **Touch:** Can you feel something soft and something scratchy? Something warm and something cool?

TASTE: Can you taste something in your mouth?

HEARING: What sounds are near? What sounds are far away? Can you hear something now that you might not otherwise notice?

#3

DIAL IN For Success



We can DIAL In for Success when storm clouds are overhead! Start by checking in on your feelings. If our feelings are too strong, we can take a break before we go on.

WHAT AM I FEELING?

- | | | |
|------------|------------|---------|
| STRONG | SCARED | |
| FRUSTRATED | FRUSTRATED | |
| NERVOUS | DISGUSTED | SAD |
| HURT | JOY | EXCITED |
| SURPRISED | CONFUSED | SHY |
| GUILTY | CALM | MAD |

DIAL in to your emotions

IMAGINE a comforting picture, word, or sound

ACCEPT the facts

LEAN in or **LEAVE** it

HOW BIG IS MY FEELING?

- 0 Not at all
- 1 Just a little bit
- 2 My feeling is bigger; I can still stay calm
- 3 My feeling is big & takes a lot of attention
- 4 It's hard to stay calm
- 5 I feel out of control!

If I am having trouble staying calm in my feelings, I can choose to get help or take a break and LEAVE it for later.

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#4

CHANGE the CHANNEL!

When our feelings get too big and we need to LEAVE it for later, we can take a break with Change the Channel!



We can Change the Channel to:

- FEEL GOOD
- FAMILY & FRIENDS
- HAVE FUN
- FOCUS ATTENTION
- FEED the GREEN!!!

CREATE YOUR OWN SHOW!

If you were to be the star of your own show, what would that look like? Create a list of activities you might do if you were on that show. If you find yourself in the wrong story...CHANGE THE CHANNEL!

FOCUS ATTENTION:

What activities do you like to do that help you to FOCUS attention? *(take a big breath, read a book, do a puzzle, color, draw?)*

FRIENDS and FAMILY:

What activities do you like to do with your FAMILY and FRIENDS? These things help us feel close & connected to the people we love. *(play a game, go for a walk, watch a show, sing songs?)*

FEEL GOOD and HAVE FUN:

What are your favorite activities to do that help you to FEEL GOOD and to HAVE FUN? Are there new things you would like to try?

FEED the GREEN:

What do you do to FEED the GREEN? These activities help us to learn and grow in the Green Zone. *(help others, ask for help, name my feelings, pray/meditate, move my body, learn something new?)*

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#5 **ROOT** with
Values

Growing in the Green Zone means being rooted in the things we care about most in life. Doing things that matter gives us positive energy and helps us grow! With ROOT, we can be thankful for what we have and what we can give.



R **EMEMBER**
what is important
TO you and FOR you?

O **CCUPY**
my time with things and
people that are important to
me to be happy and healthy.

O **WN**
my behavior and its
consequences for me and
for other people

T **HANK YOU!**
I am grateful for who I am,
what I have and what I can
share!

- Love
- Courage
- Fun
- Caring
- Honesty
- Nature
- Learning
- Respect
- Kindness
- Equality
- Courage
- Gratitude
- Strength
- Justice
- Creativity
- Responsibility
- Curiosity
- Understanding
- Hope
- Peace
- Belonging
- Humor
- Safety
- Adventure
- Faith
- Teamwork
- Play
- Order
- Challenge
- Growth
- Trust

ROOT
in your values

What things do YOU care about most in life? Can you name 5 values you have? There are lots of ideas of things kids care about on this page. You can choose from them or maybe you have other ideas.

List your TOP 5 here:

