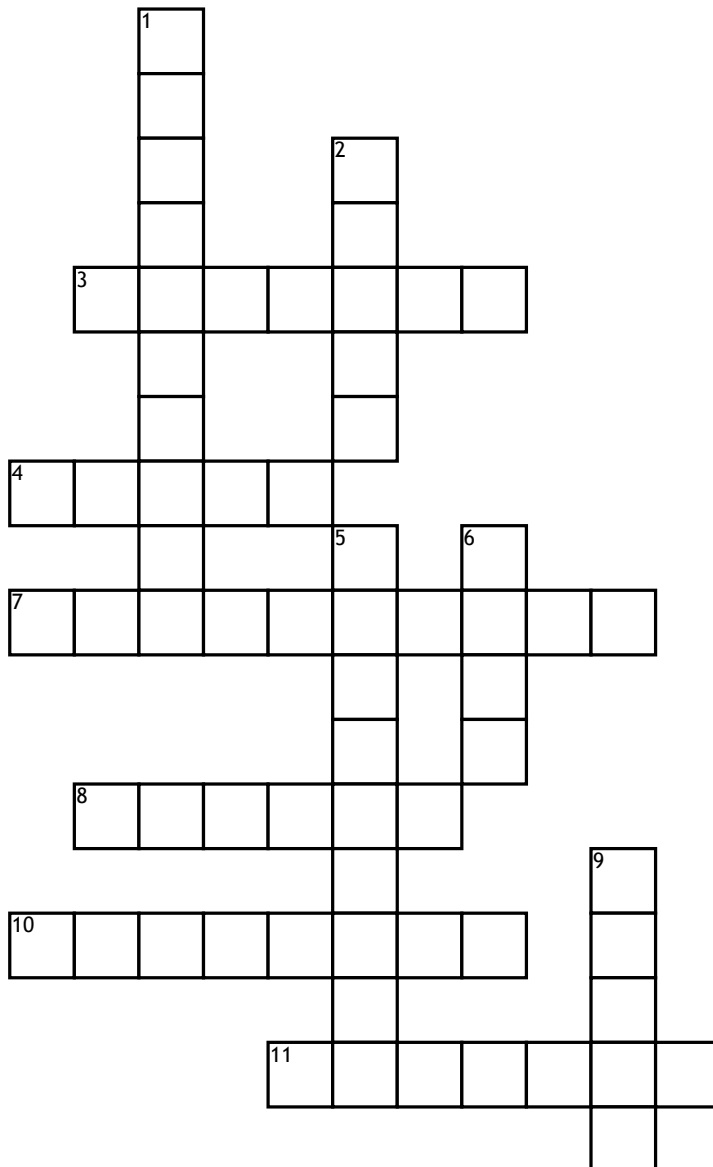


Name: _____

Date: _____

Zones Crossword



Across

3. When I'm in the red zone, I am out of _____.

4. Petting Simpe, taking breaths, and taking to an adult are all _____ I can use to stay calm.

7. When I'm upset I can take a _____.

8. When I'm in the yellow zone, I need to use _____ skills to avoid the red zone.

10. I'm in the _____ is when I'm tired or sad.

11. I'm in the _____ when I'm mad and out of control.

Down

1. I'm in the _____ is when I'm feeling anxious, frustrated or silly.

2. When I'm mad, I will use my _____ and not my actions.

5. I'm in the _____ when I'm good to go and ready to learn.

6. If something happens that makes me mad I can _____ to an adult.

9. One tool I can use when I'm upset is _____ to 10.