When you know how you feel, you can know how to take care of yourself!

Which feelings zone are you in?

**BLUE ZONE**
- Sad
- Lonely
- Tired

**GREEN ZONE**
- Happy
- Calm
- Relaxed
- Okay

**YELLOW ZONE**
- Confused
- Uncomfortable
- Annoyed

**ORANGE ZONE**
- Nervous
- Upset
- Worried
- Scared

**RED ZONE**
- Angry
- Mad
- Frustrated

Visit www.ocrcc.org or @ocrcc_org for more resources.

Safe Touch
When I feel sad, tired, or lonely; I could try...
- Asking for a hug
- Crying it out
- Coloring
- Petting an animal

When I feel happy, calm, relaxed, or okay; I could try...
- Dancing
- Smiling
- Learning something new
- Helping a friend

When I feel confused, uncomfortable, or annoyed; I could try...
- Asking an adult for help
- Asking questions
- Talking to friends

When I feel nervous, upset, worried, or scared; I could try...
- Taking some deep breaths
- Doing something that makes me feel good
- Hugging a stuffed animal

When I feel angry, mad, or frustrated; I could try...
- Moving my body safely, like running or jumping jacks!
- Asking an adult for help
- Asking questions
- Crying it out
- Talking to a friend

COPING SKILLS YOU COULD TRY IN EVERY COLOR ZONE!
- Talking to an adult or asking for help
- Writing down what you feel
- Listening to music
- Taking a break
- Having a snack
- Drinking water
- Spending time outside
- Write down or think about some of YOUR ideas for coping skills you could try!