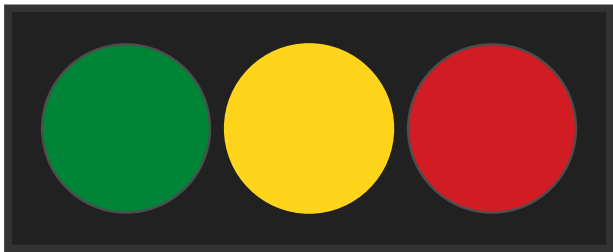


Stoplight Regulation

Co Regulation Tool for Parents & Kids



What color am I right now?

You are your child's baseline.

Name it. Breathe. Reset.

GREEN

I feel:

Calm
Safe
Happy
Focused
Ready

My body feels:

Slow breathing
Loose muscles
Clear thinking

What helps me stay regulated:

Movement breaks
Water
Snack
Routine
Predictable schedule

YELLOW

I feel:

Annoyed
Frustrated
Wiggly
Stressed
Silly & trouble focusing

My body feels:

Faster breathing
Tight shoulders
Hard to sit still

What helps me:

"I am Yellow right now."
Wall pushes
Animal walks
Jumping
Quiet corner
Deep breaths
Squeeze fidget

RED

I feel:

Angry
Overwhelmed
Shutting down
Crying
Yelling or throwing

My body feels:

Fast heart
Hot face
Tight chest
Racing thoughts

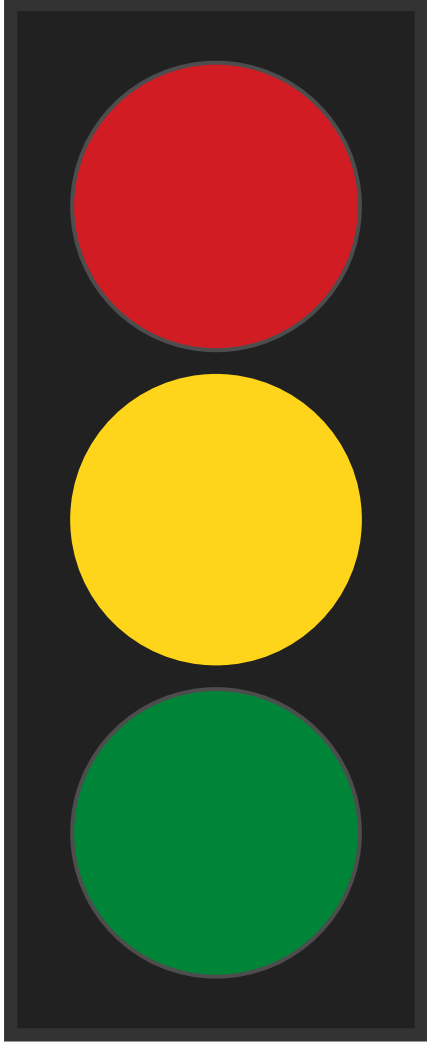
What helps me:

"I am red right now."
I need a breath.
3 slow breaths
Cold water on hands
Step outside
Big squeeze hug
Heavy work



Regulate • See • Try • Do • Reflect

Stoplight Regulation



What color am I right now?