

Emotion Colour Toolkit

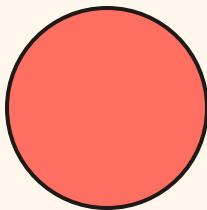
Match feelings to colours and practise calming strategies.

Red: angry, frustrated, loud energy

Blue: sad, tired, need a hug

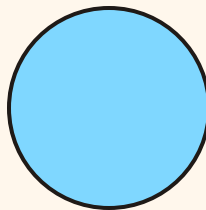
Yellow: excited, wiggly, happy

Green: calm, ready, focused



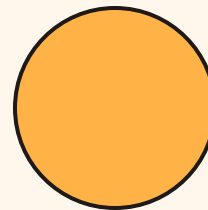
Red Zone

Squeeze + breathe



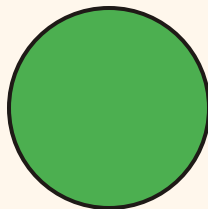
Blue Zone

Story + cuddle



Yellow Zone

Move + stretch



Green Zone

Ready to learn

Calm Corner Ideas

- breathing cards
- weighted lap pad
- soft music
- emotion mirror

My feeling today is: _____

I can try: _____

I will ask for help when: _____