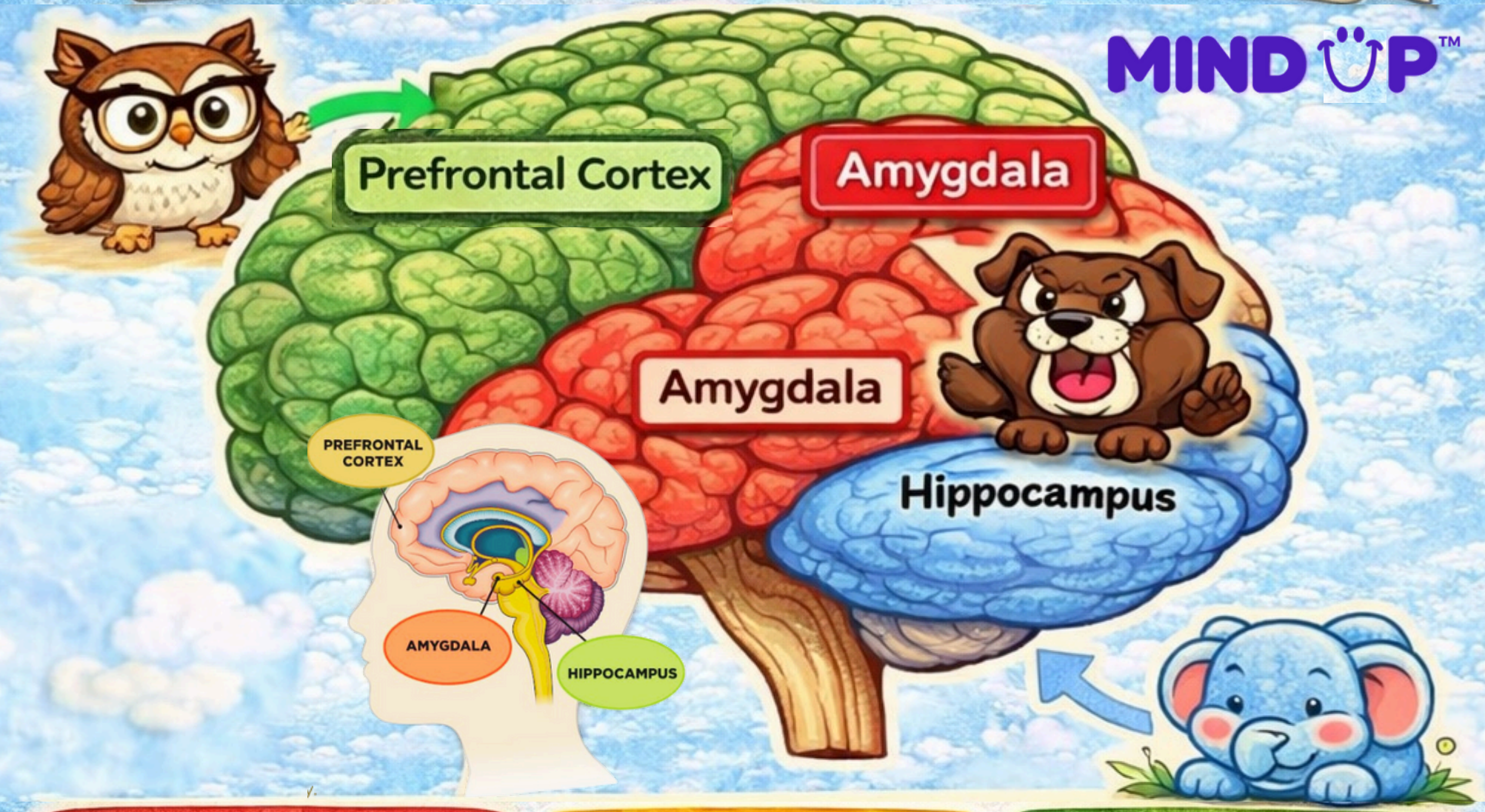
Meet Your Brain Team!

Helping us understand our feelings and learning

MINDUP™



RED ZONE

ALERTING

- The Guard Dog is in charge
- You might feel angry, scared or out of control
- Your body is ready to fight, run or freeze

My Guard Dog thinks I'm not safe.

YELLOW ZONE

ORGANISING

- You might feel **worried, excited or frustrated**
- You need help to pause and notice your feelings

My Guard Dog is starting to bark.

GREEN ZONE

ORGANISING

- The Wise Owl is online
- You feel calm, focused and ready to learn
- You can think, solve problems and make good choices

My Wise Owl is helping me think.

Zones of Regulation – What's happening in my brain?

Red Zone	Yellow Zone	Green Zone	Blue Zone
Guard Dog is in charge	Guard Dog is starting to bark	Wise Owl is online	Memory Saver is resting
Overwhelmed	Big feelings	Calm & focused	Low energy

Important to remember.

- All zones are OK
- The Guard Dog is trying to keep us safe

Aiming Higher Achieving More US Together

I can help my Guard Dog feel safe so my Wise Owl can think