**Responding to our dogs zones of regulation**

*Match up the zone and how the child should respond to each. Then add your own - what OTHER ways can should you (the child) respond to each?*

Allow dog to move away from thing causing reaction

Allow to rest

Have enrichment activities & toys available but don’t push to play

Can train & exercise

Stop/ pause the game

Don’t touch them

Don’t make eye contact

You can play & touch as normal

Move away & stay away.

Tell parent / carer

Pick up the dog

**Blue zone**

Sad

Sick

Tired or Asleep

Bored

**Green Zone**

Happy

Calm

Focused

Ready to learn

**Yellow Zone**

Frustrated

Worried

Some loss of control

Silly/ wiggly/ excited

 **Red Zone**

Angry

Feels in danger/ at risk

Really scared or afraid

Out of control