

PARTHAU RHEOLEIDDO

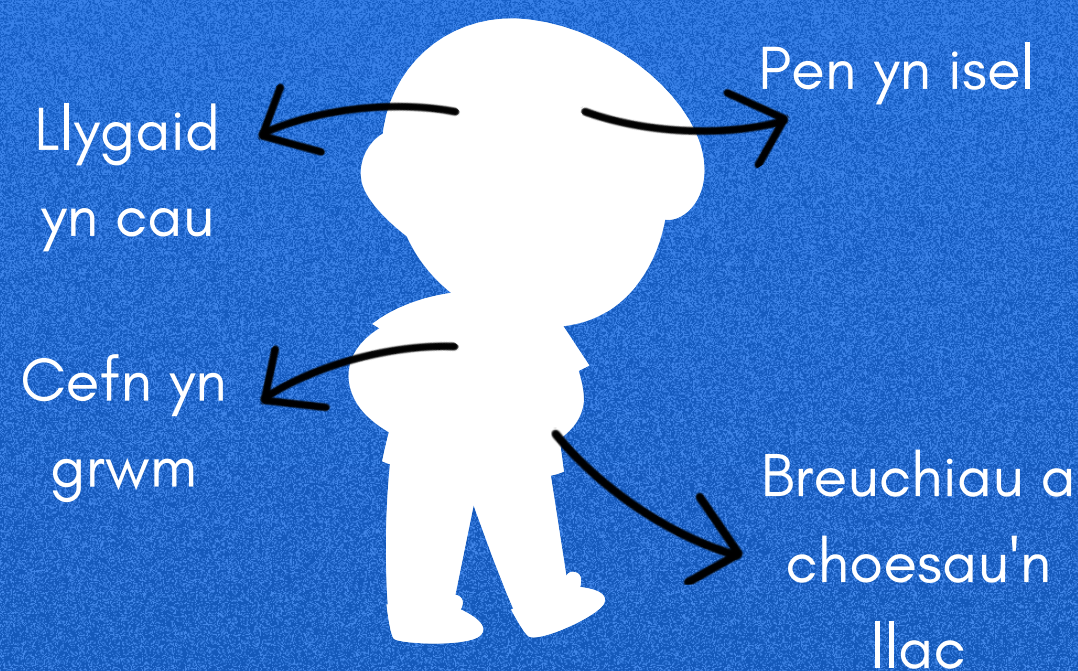


PARTH GLAS

Sut y gallwch demlo:

Trist
Diflas
Sal
Blinedig
Dagreuol

Beth all ddigwydd yn eich corff?



Beth allwch ei wneud?

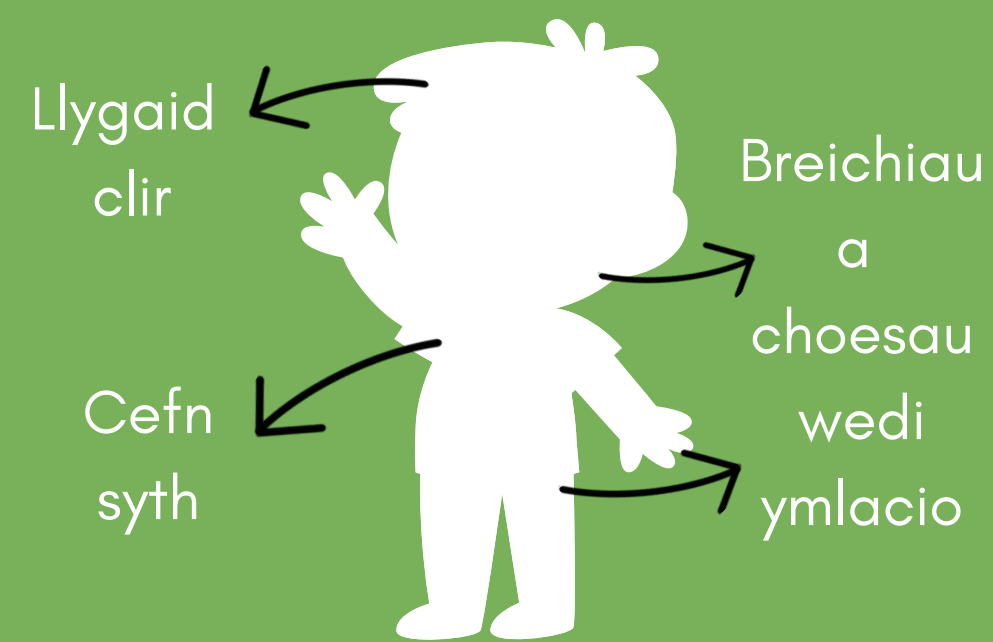
Mynd am dro
Ymestyn
Sefyll
Cau'ch llygaid
Siarad a rhywun

PARTH GWYRDD

Sut y gallwch demlo:

Hapus
Tawel
lawn
Canolbwyntio

Beth all ddigwydd yn eich corff?



Beth allwch ei wneud?

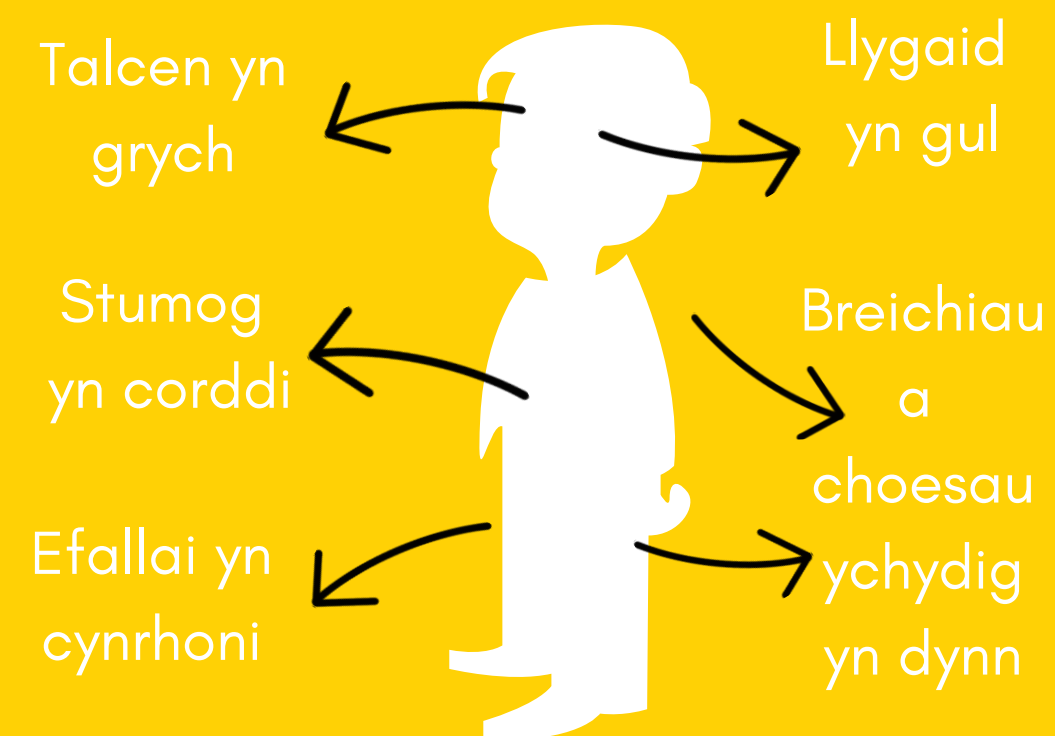
Dal i wneud beth
ydych yn ei wneud!

PARTH MELYN

Sut y gallwch demlo:

Poeni
Gwirion
Cyffroes
Cymysglyd
Rhwystredig

Beth all ddigwydd yn eich corff?



Beth allwch ei wneud?

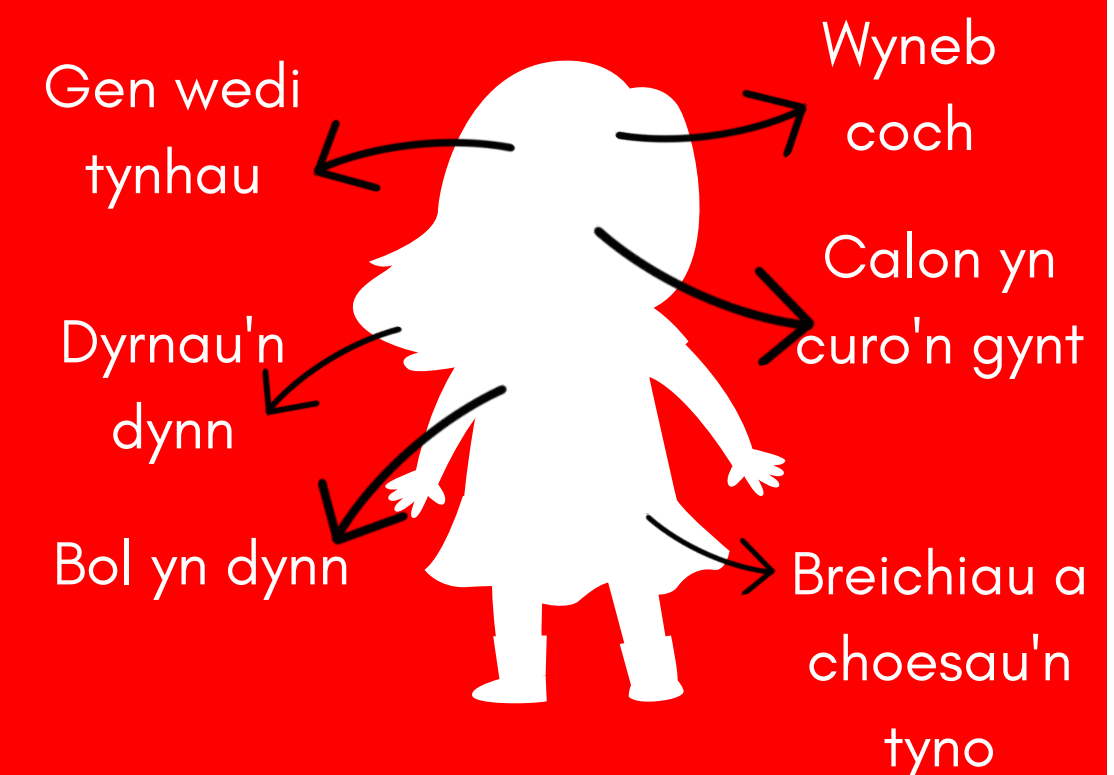
Cyfri i 10
Anadlu'n ddwfn
Tynnu llun
Gwasgu rhywbeth
Siarad a rhywun

PARTH COCH

Sut y gallwch demlo:

Blin
Cas
Gwylt
Penwan

Beth all ddigwydd yn eich corff?



Beth allwch ei wneud?

Anadlu'n ddwfn
Cerdded i ffwrdd
Canfod gofod saff
Gofyn am help
Siarad a rhywun

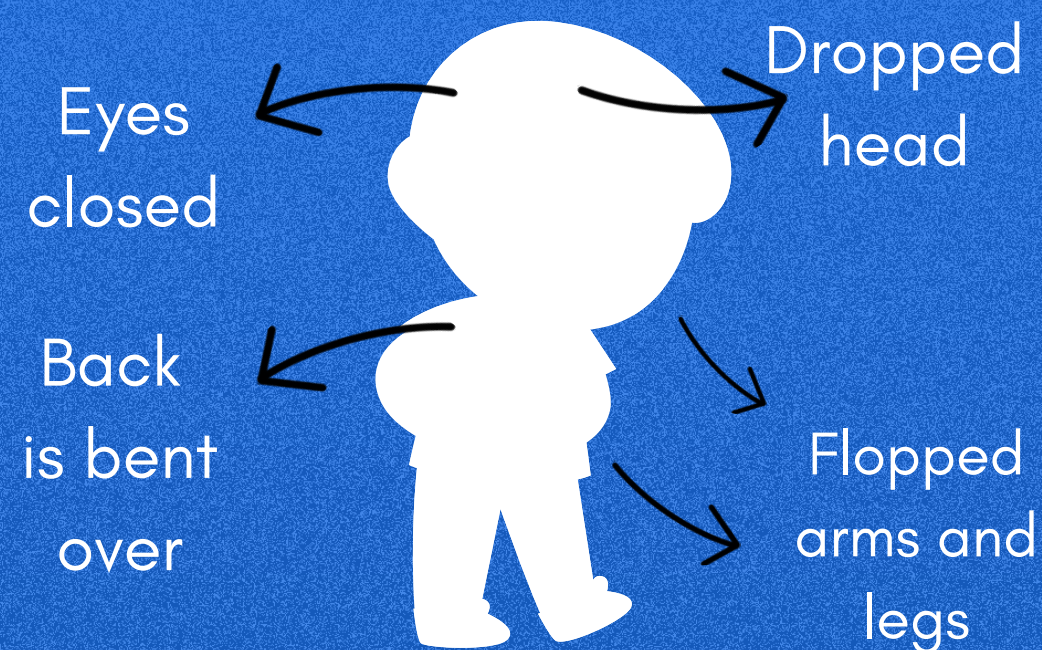
THE ZONES OF REGULATION

BLUE ZONE

How this may feel:

Sad
Miserable
Sick
Tired
Teary

What happens in your body?



What can you do?

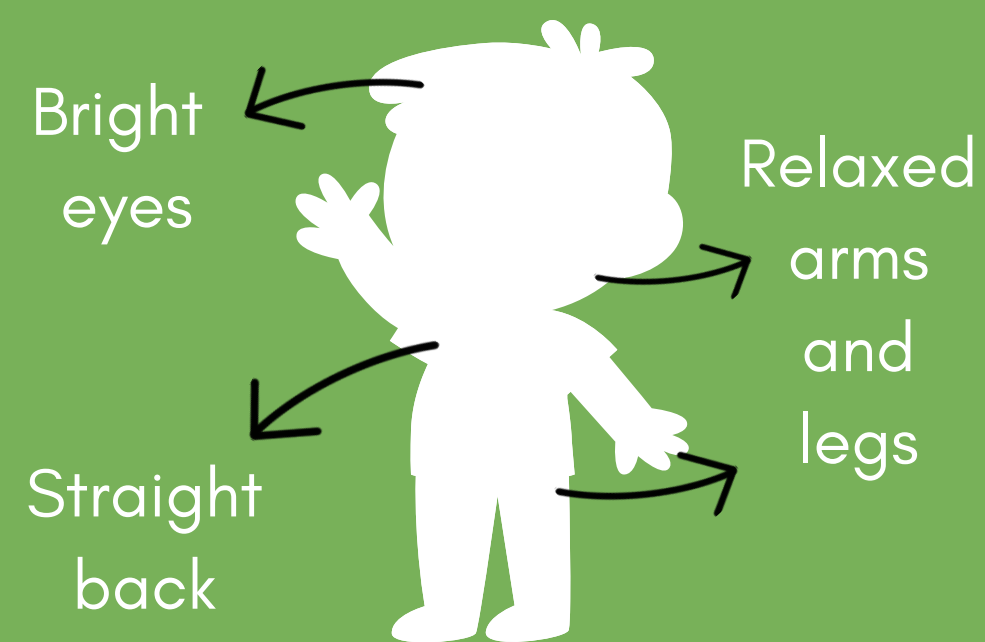
Go for a walk
Stretch
Stand up
Close your eyes
Talk to someone

GREEN ZONE

How this may feel:

Happy
Quiet
Okay
Concentrated

What happens in your body?



What can you do?

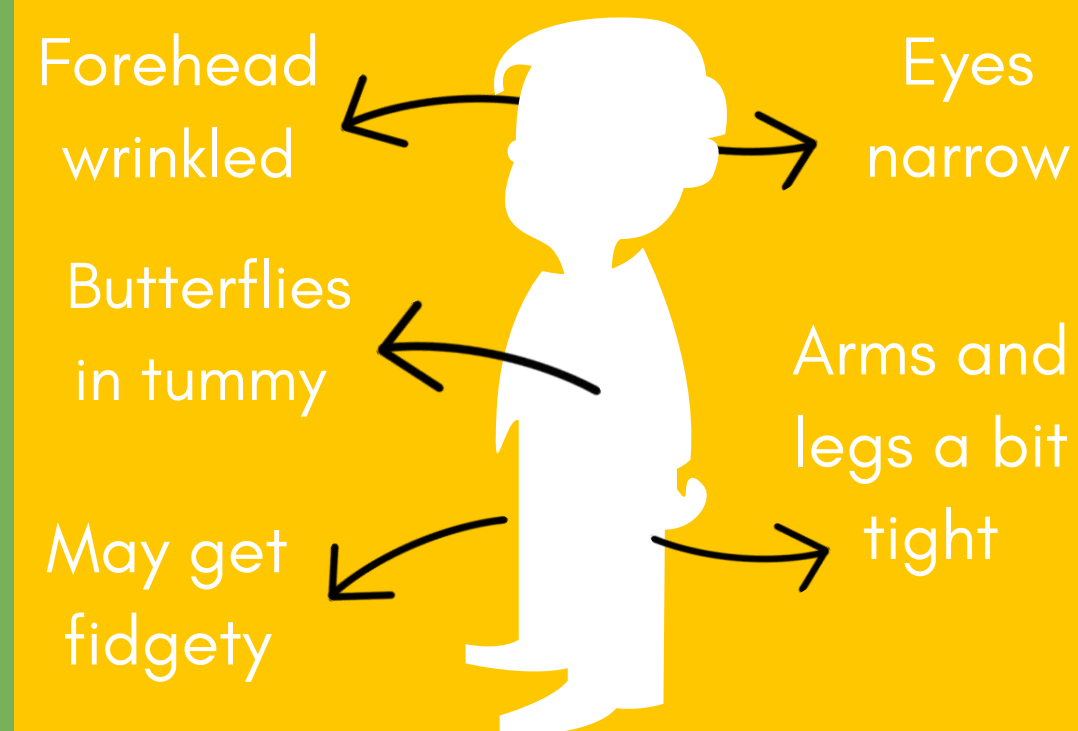
Keep doing what you're doing!

YELLOW ZONE

How this may feel:

Worried
Silly
Excited
Confused

What happens in your body?



What can you do?

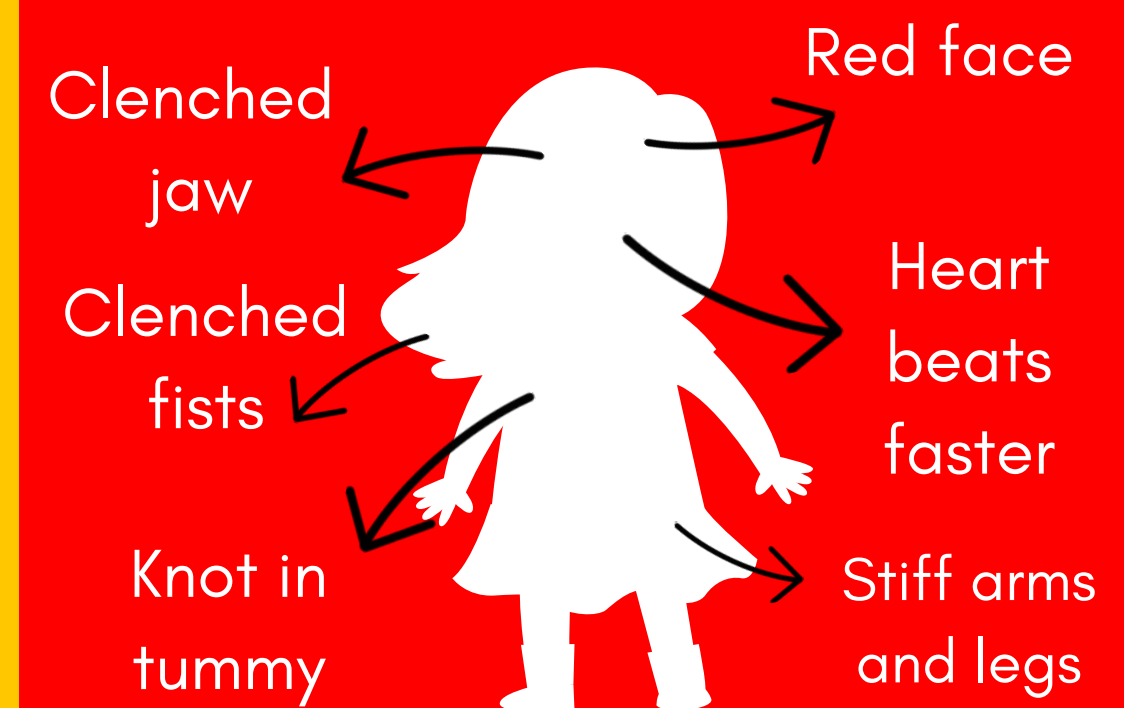
Count to 10
Take deep breaths
Draw a picture
Squeeze something
Talk to someone

RED ZONE

How this may feel:

Angry
Mad
Furious
Mean

What happens in your body?



What can you do?

Take deep breaths
Walk away
Find a safe space
Ask for help
Talk to someone