

The **ZONES** of Regulation®



How are you feeling?



Blue Zone



Sick



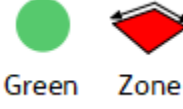
Bored



Tired



Sad



Green Zone



Happy



Ready to learn



Ok



Calm



Yellow Zone



Worried



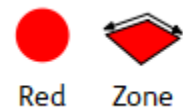
Silly



Frustrated



Excited



Red Zone



Angry



Elated



Terrified



Yelling and



hitting