





The **ZONES** of Regulation®

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| <p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p> | <p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p> | <p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p> | <p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p> |