

The ZONES of Regulation

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|---|--|---|---|
|  |  |  |  |
| <p>Blue Zone</p> <p>Sad Bored Tired Sick</p> | <p>Green Zone</p> <p>Happy Focused Calm Proud</p> | <p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p> | <p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p> |

Blue Zone



Tired



Bored



Sad



Sick

Green Zone



Calm



Happy



Proud



Focused

Yellow Zone



Silly



Frustrated



Excited



Worried

Red Zone



Panicked



overjoyed/Elated



Terrified



Angry