

# The **ZONES** of Regulation®

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