

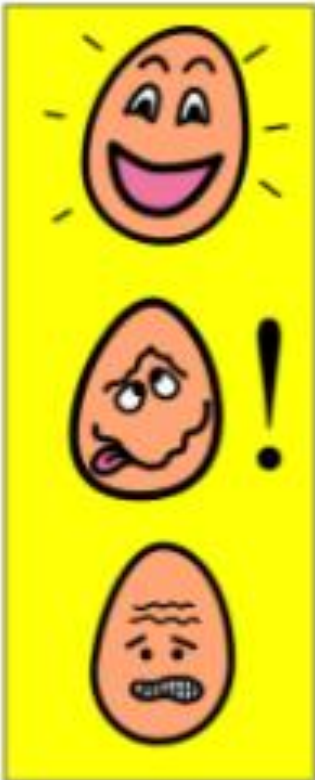



The Zones of Regulation

			
Blue Zone sad tired sick moving slowly tired	Green Zone happy calm feeling ok focused ready to learn	Yellow Zone frustrated worried silly/wiggly excited loss of some control	Red Zone mad/angry terrified yelling/hitting elated out of control