

# WHAT ARE THE ZONES OF REGULATION?



## GREEN ZONE

- Happy
- Calm
- Focused
- Ready
- Relaxed



## BLUE ZONE

- Tired
- Sick
- Sad
- Moving slowly
- Bored



## YELLOW ZONE

- Excited
- Worried
- Frustrated
- Silly
- Anxious



## RED ZONE

- Terrified
- Out of control
- Yelling
- Elated/ecstatic
- Angry