

The ZONES of Regulation

			
<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