

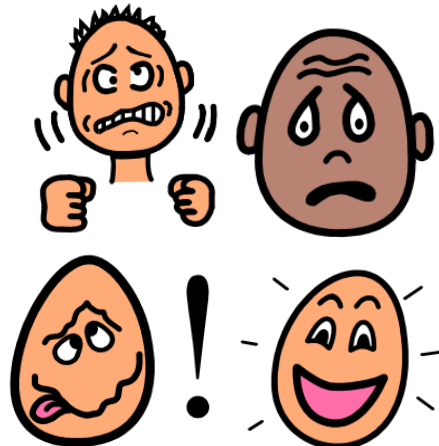
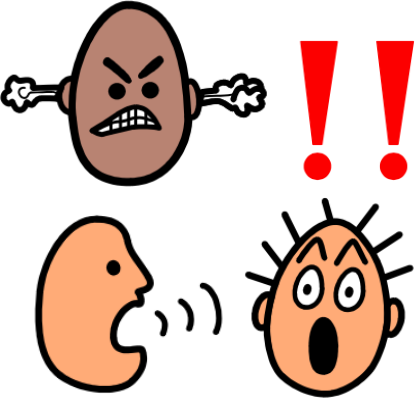


# Zones of Regulation

| Blue Zone   | Green Zone   | Yellow Zone  | Red Zone  |
|---|--|--|---|
|  |  |         |    |
| <p>Sad<br/>Tired<br/>Bored<br/>Hungry</p> <p>Moving<br/>Slowly</p>                | <p>Happy<br/>Calm<br/>Feeling OK<br/>Focused</p> <p>Ready<br/>to Learn</p>         | <p>Frustrated<br/>Worried<br/>Silly/Wiggly<br/>Excited</p> <p>Loss of<br/>Some Control</p> | <p>Mad/Angry<br/>Mean<br/>Yelling/Hitting<br/>Terrified</p> <p>Out of<br/>Control</p> |

