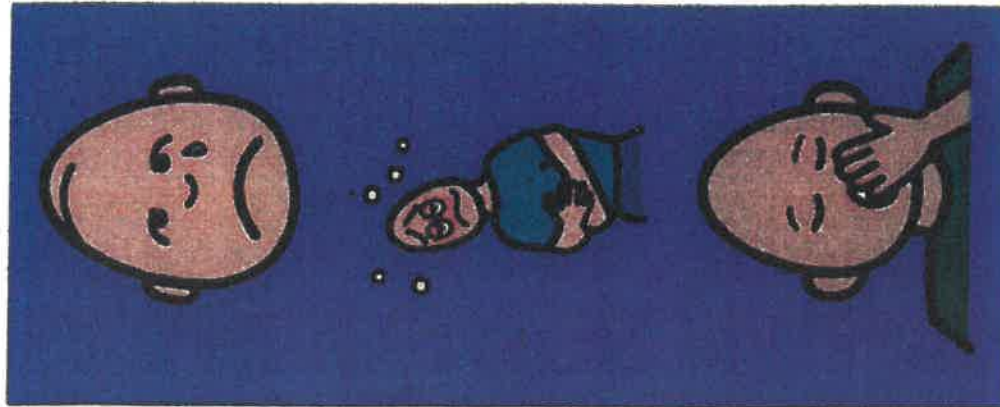
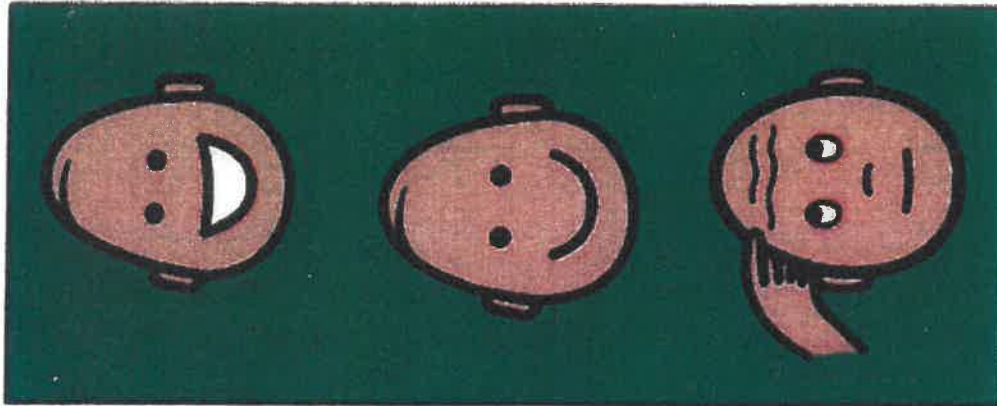


The Zones of Regulation



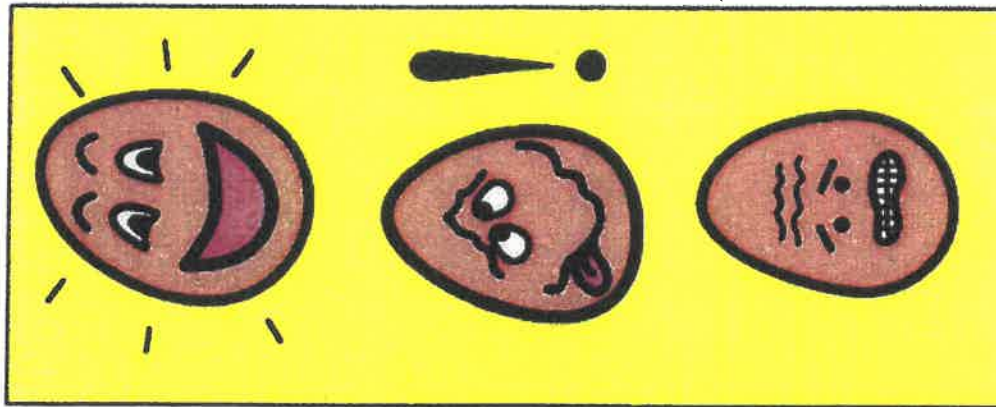
Blue Zone

sad
tired
sick
moving
tired
slowly



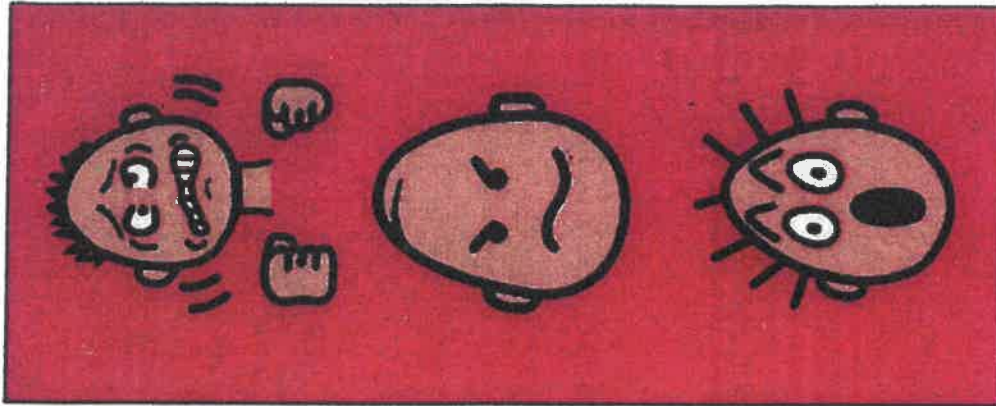
Green Zone

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