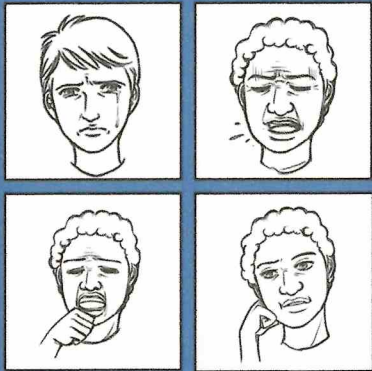
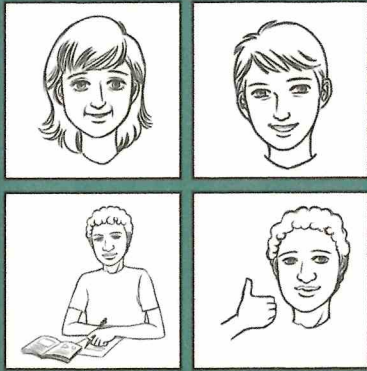
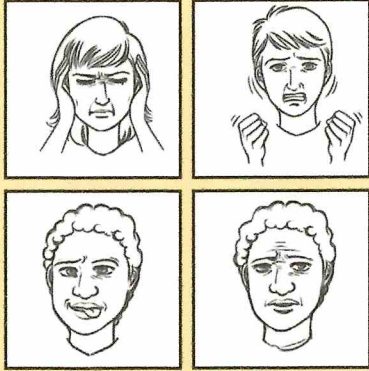
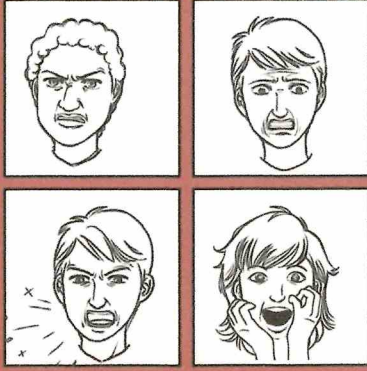
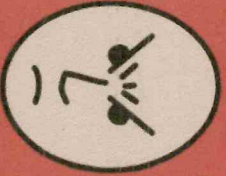


The **ZONES** of Regulation™

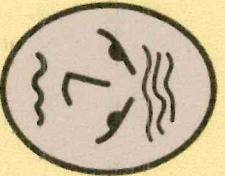
			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

Getting in the Green Zone

 Angry, yelling
lost control

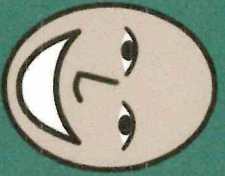
Looks like, feels like

Things I can do

 Worried, excited,
loosing control

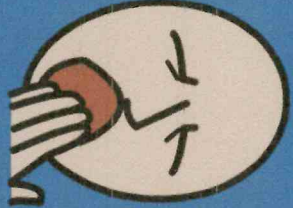
Looks like, feels like

Things I can do

 Happy, calm,
alert

Looks like, feels like

Things I can do

 Tired, bored, sick

Looks like, feels like

Things I can do