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
- Yelling/Hitting
- Elated
- Out of Control

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