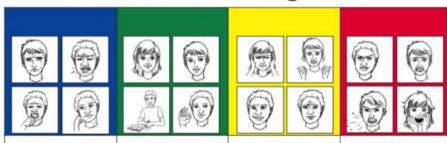
The **ZONES** of Regulation®



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