The **ZONES** of Regulation™

**BLUE ZONE**
- Sad
- Sick
- Tired
- Bored
- Moving Slowly

**GREEN ZONE**
- Happy
- Calm
- Feeling Okay
- Focused
- Relaxed

**YELLOW ZONE**
- Frustrated
- Worried
- Silly/Wiggly
- Excited
- Loss of Some Control

**RED ZONE**
- Mad/Angry
- Terrified
- Elated/Ecstatic
- Devastated
- Out of Control