The ZONES of Regulation

Blue Zone
- Sad
- Bored
- Tired
- Sick

Green Zone
- Happy
- Focused
- Calm
- Proud

Yellow Zone
- Worried
- Frustrated
- Silly
- Excited

Red Zone
- Overjoyed/Elated
- Panicked
- Angry
- Terrified
Blue Zone

- Tired
- Bored
- Sad
- Sick

Green Zone

- Calm
- Happy
- Proud
- Focused
**Yellow Zone**

- Silly
- Frustrated
- Excited
- Worried

**Red Zone**

- Panicked
- Overjoyed/Elated
- Terrified
- Angry