

# The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

# Blue Zone

			
Tired	Bored	Sad	Sick

# Green Zone

			
Calm	Happy	Proud	Focused

# Yellow Zone



# Red Zone

