Zone of Regulations

| BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad	Happy	Excited	Angry
Sick	Calm	Silly	Shouting
Tired	Ready to learn	Worry	Hitting
Bored	Feeling okay	Frustrated	Terrified

Name: _____

Date: _____

Zones of Regulation

1. **Circle** the correct emotions and feelings in the **RED ZONE**
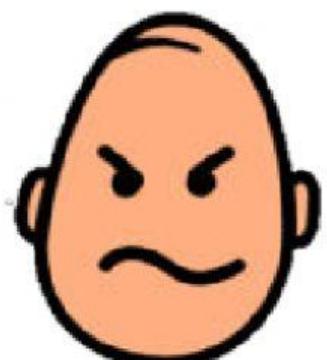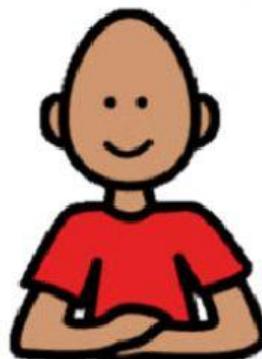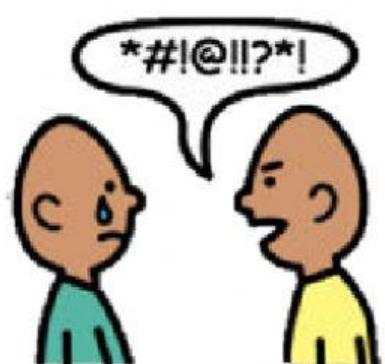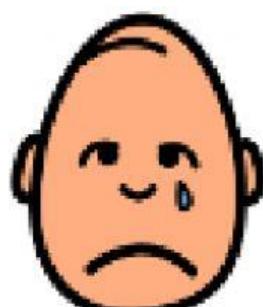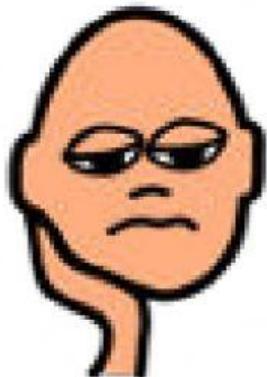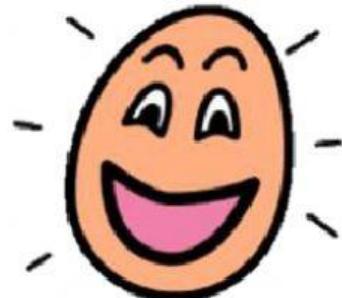
Name: _____

Date: _____

Zones of Regulation

2. **Circle** the correct emotions and feelings in the **GREEN ZONE**
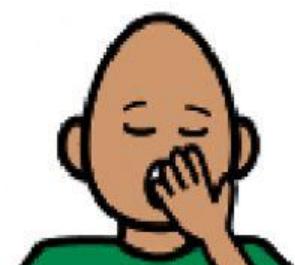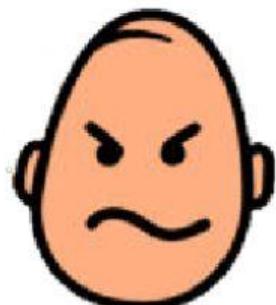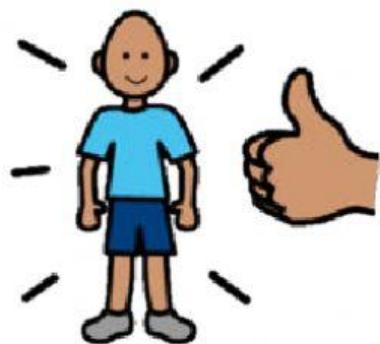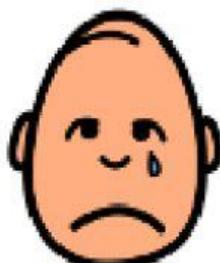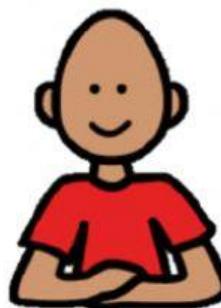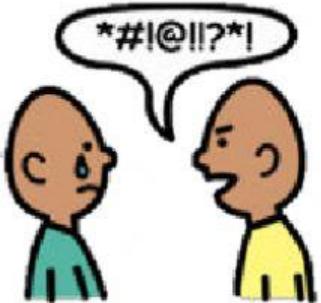
Name: _____

Date: _____

Zones of Regulation

3. **Circle** the correct emotions and feelings in the **BLUE ZONE**
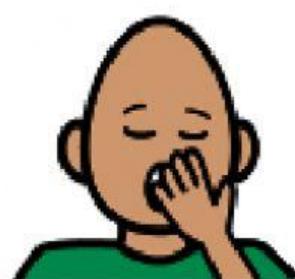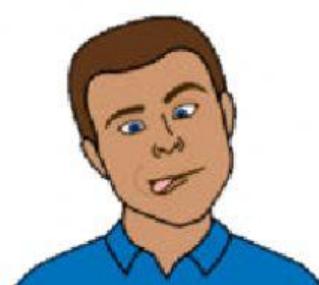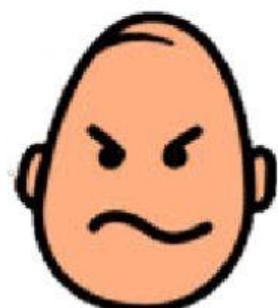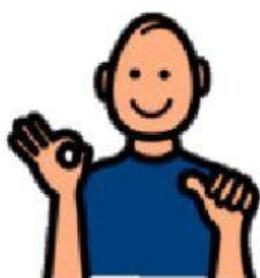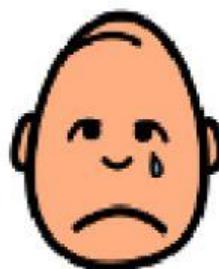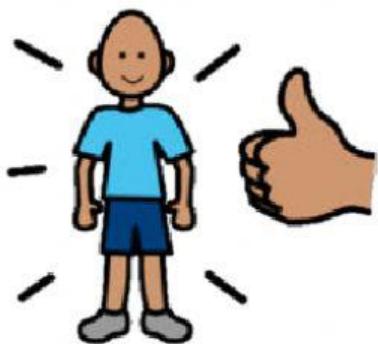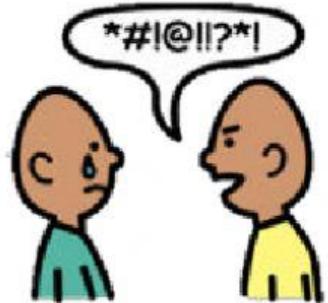
Name: _____

Date: _____

Zones of Regulation

4. **Circle** the correct emotions and feelings in the **YELLOW ZONE**