

Name: _____

Date: _____

Zones of Regulation

Circle the correct answer

1. Who is in the **BLUE ZONE?**

A



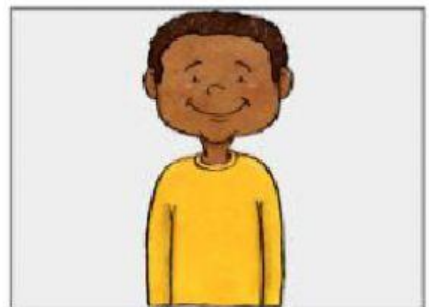
Sad

B



Angry

C



Happy

2. Who is in the **YELLOW ZONE?**

A



Sick

B



Angry

C



Silly

3. Who is in the **GREEN ZONE?**

A



Worry

B



Sick

C



Circle the correct answer

4. Who is in the **RED ZONE**?

A



Sick

B



Angry

C



Silly

5. Who is in the **YELLOW ZONE**?

A



Worry

B



Terrified

C



Ready to
Learn

6. Who is in the **GREEN ZONE**?

A



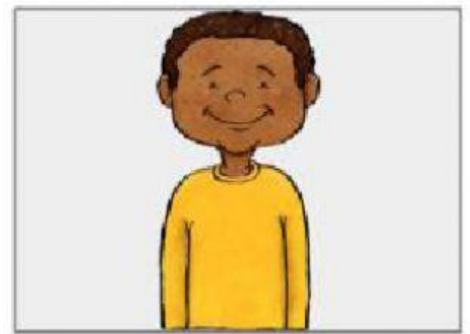
Sad

B



Angry

C



Happy

Circle the correct answer

7. Who is in the **BLUE ZONE**?

A



Worry

B



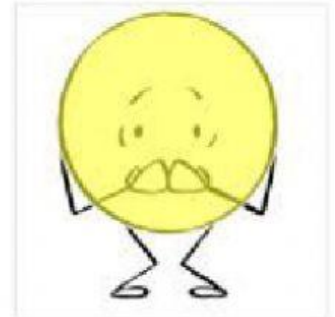
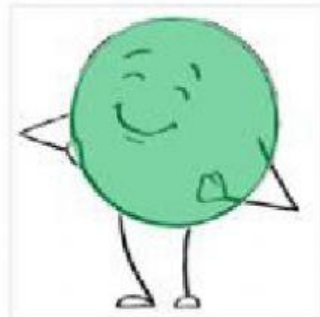
Sick

C

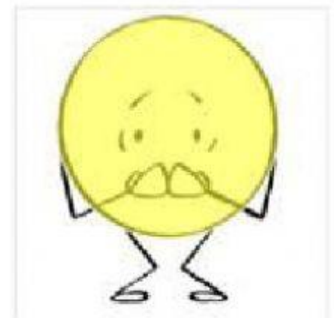


Feeling OK

8. Chloe is **tired** and lays her head on the table during work time.
Which zone is she in?

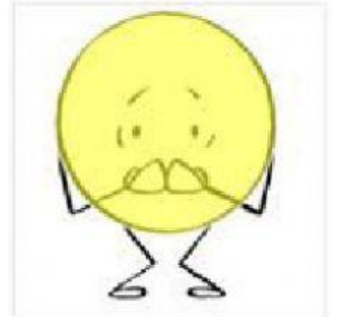
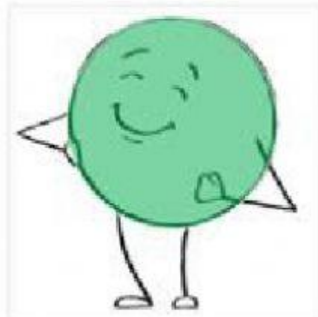


9. Ben is jumping up and down because he is **excited** to watch a movie! Which zone is he in?

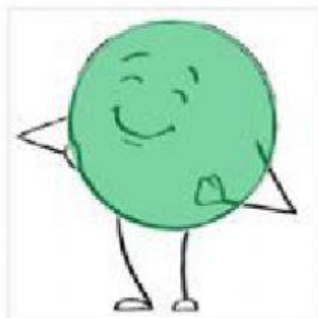


Circle the correct answer

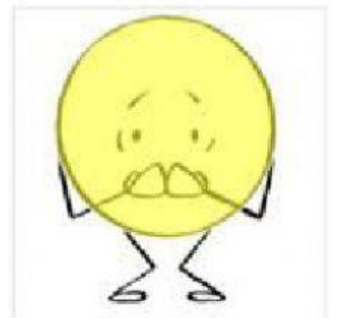
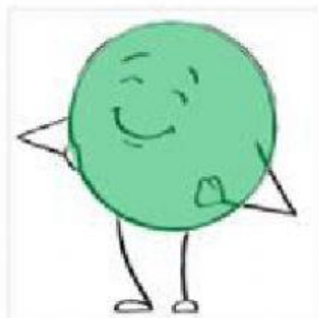
10. Mindy is **happy** because she gets to read her book during her leisure time. Which zone is she in?



11. Alex is having a fever. He is feeling **sick**. Which zone is he in?

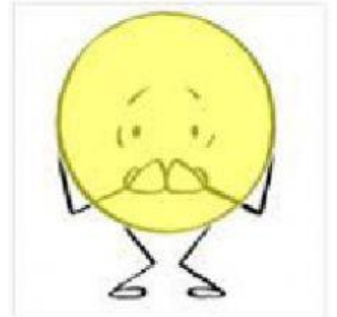
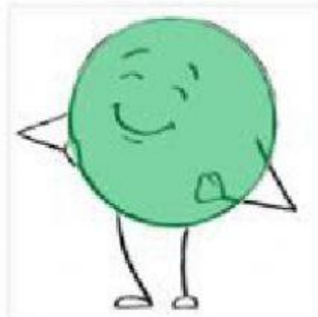


9. Peter is **angry** because the class is too noisy. Which zone is he in?

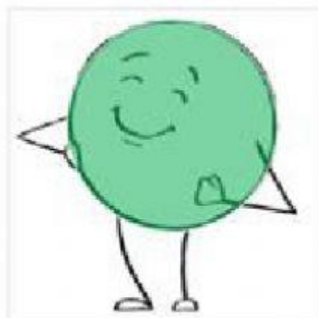


Circle the correct answer

13. Suzie is **frustrated** because she can't open her bottle. Which zone is she in?



14. Jack is **ready to learn** because he is sitting nicely! Which zone is he in?



15. Linda keeps yawning in class because she is feeling **bored**. Which zone is she in?

