ZONES OF REGULATION



BLUE ZONE
Low State of Alertness

Bored

Tired

Sad

Disappointed

Sick

Depressed

Shy



State of Alerthess

Happy Positive

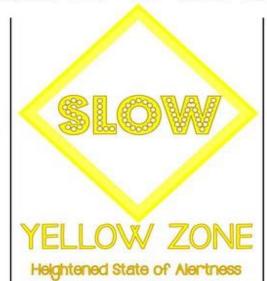
Thankful

Proud

Calm

Content

Ready to Learn



Excited

Silly

Annoyed

Worrled

Embarrassed

Confused

Nervous



Extremely Heightened State of Alertness

Upset

Angry

Aggressive

Mad

Elated

Terrified

Out of Control

What zone am I in?





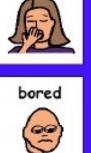






sick

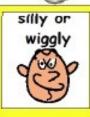








I'm ready



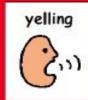














Use tools to get in the green zone

