

Blue



Hurt



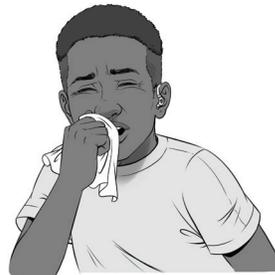
Sad



Depressed



Tired



Sick



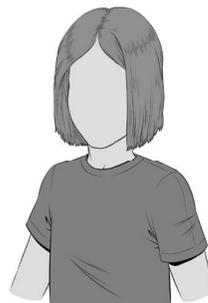
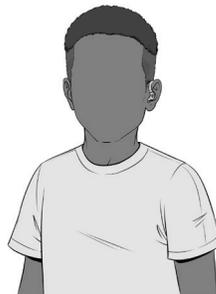
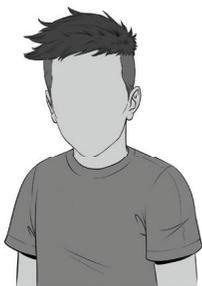
Bored



Exhausted



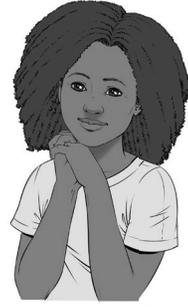
Shy



Green



Content



Hopeful



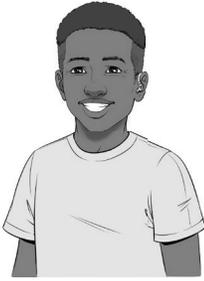
Comfortable



Proud



Grateful



Happy



Calm



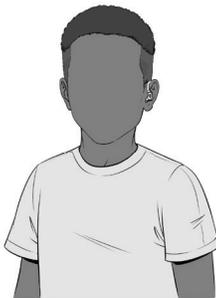
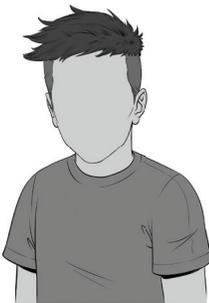
Relaxed



Focused



Okay



Yellow



Excited



Frustrated



Nervous



Worried/Anxious



Silly



Annoyed



Embarrassed



Overwhelmed



Jealous



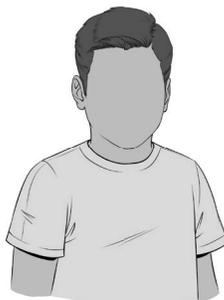
Upset



Scared



Confused



Red



Overjoyed



Mad/Angry



Furious



Devastated



Panicked



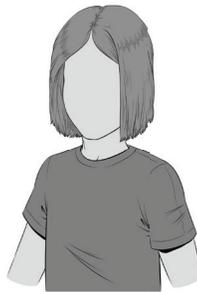
Terrified



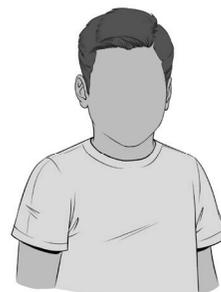
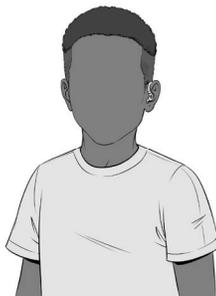
Out of Control



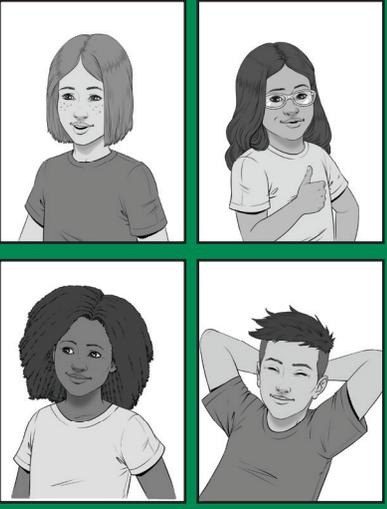
Elated



Wild



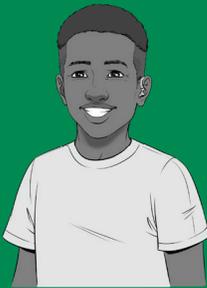
The ZONES of Regulation™

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Relaxed</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control</p>

Tools for Each of My **ZONES**

When I feel...

I can try...

<p>Tired or Sad</p> 	
<p>Calm or Happy</p> 	
<p>Frustrated or Silly</p> 	
<p>Mad or Out of Control</p> 	

Adapted for The Zones of Regulation™ from the original work of Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com.