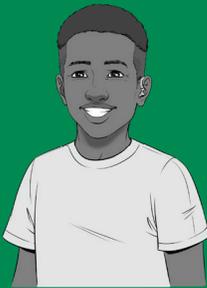


Tools for Each of My **ZONES**

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.