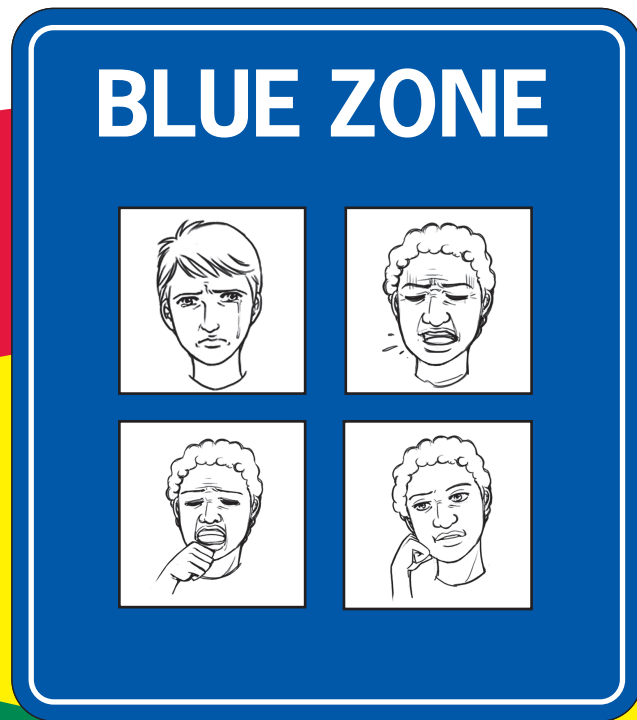


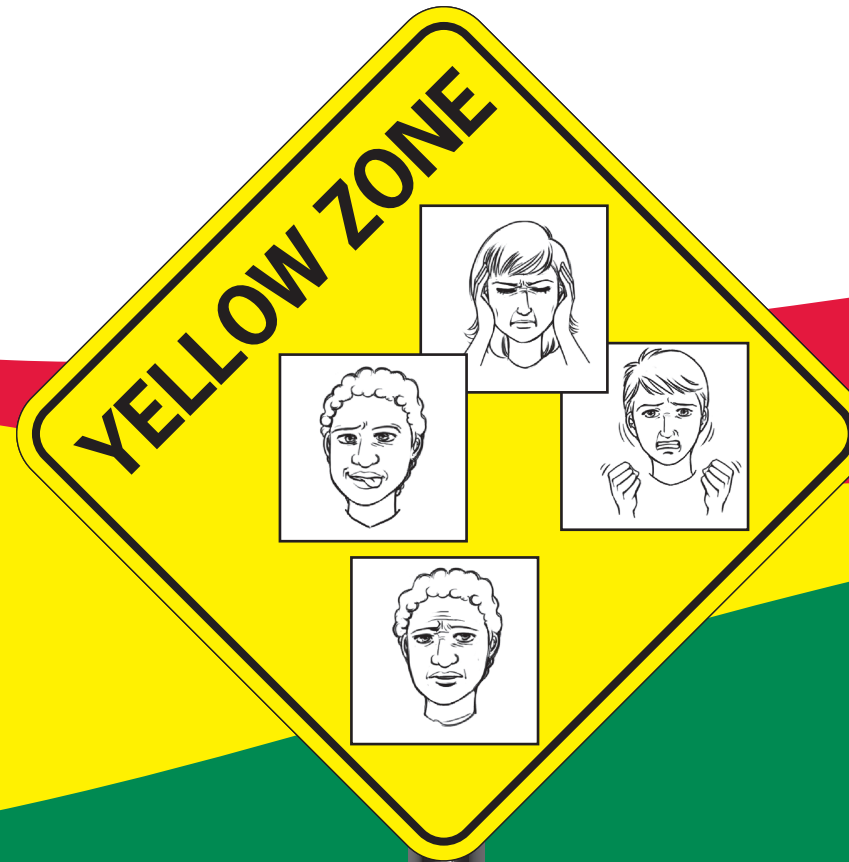
The ZONES of Regulation®



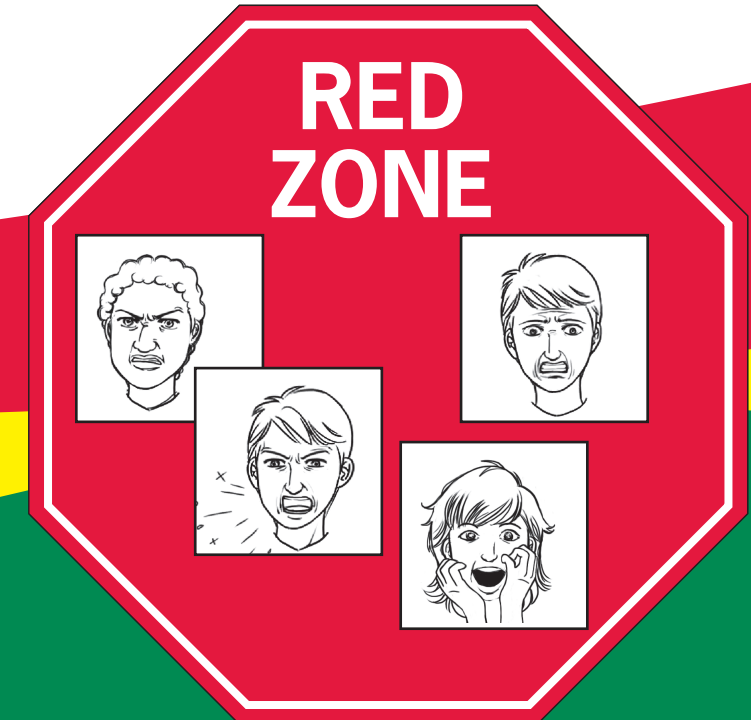
Sad • Bored
Tired • Sick
Moving Slowly



Calm • Focused
Happy • Feeling Okay
Ready to Learn



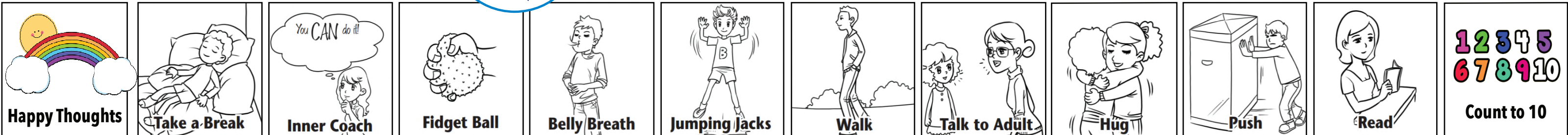
Excited • Worried
Silly Wiggly
Frustrated
Loss of Some Control



Mad/Angry • Terrified
Yelling/Hitting
Elated
Out of Control



ZONES TOOLS MENU



1 2 3 4 5
6 7 8 9 10
Count to 10

The of Regulation®

BLUE ZONE



GREEN ZONE

YELLOW ZONE



RED ZONE

