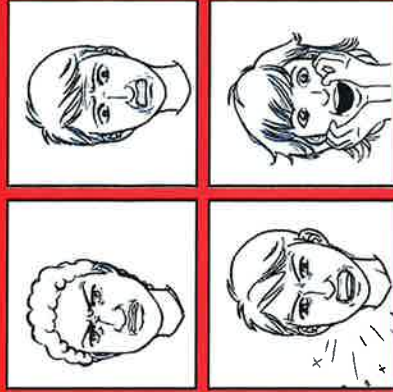
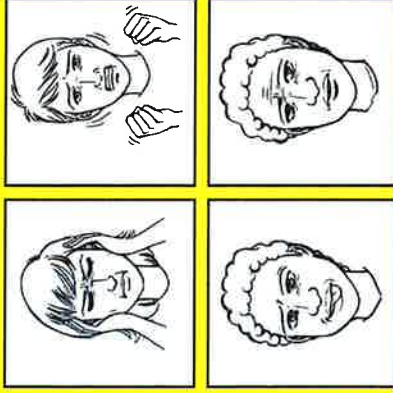
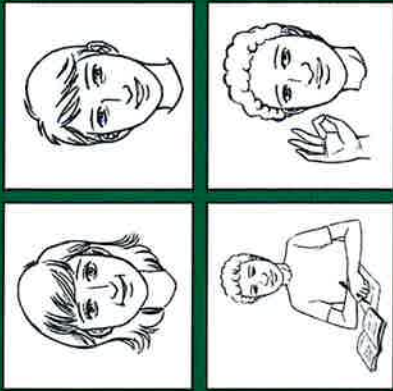
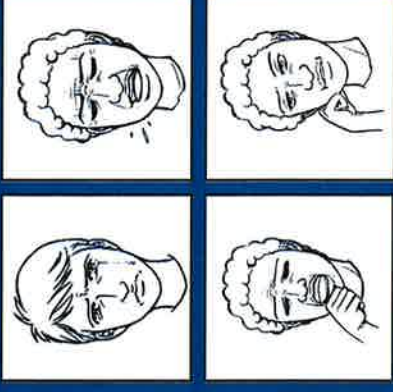


# The ZONES of Regulation®

			
<p><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

## BLUE ZONE

## GREEN ZONE

## YELLOW ZONE

## RED ZONE

SAD

PROUD

ANNOYED

ANGRY

TIRED

HAPPY

IRRITATED

OUT OF  
CONTROL

BORED

CHILL

NERVOUS

CONTROL

DEPRESSED

RELAXED

ANXIOUS

HOPELESS

LONELY

FOCUSED

FRUSTRATED

TERRIFIED

SICK

LOVED

SILLY

ENRAGED

DISAPPOINTED

GOOD

EXCITED

FUMING

WITHDRAWN

CALM

FIDGETY

FURIOUS

HURT

LOVED

WORRIED

DESTRUCTIVE

SLUGGISH

SATISFIED

GRUMPY

OVERWHELMED

GLOOMY

CHEERFUL

CONFUSED

ELATED

SHY

CONFIDENT

ENERGETIC

EXPLOSIVE

MEAN

UNCOMFORTABLE