

The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>



Blue Zone

Sad

Bored

Tired

Sick

Blue Zone

is a low state of alertness

Ways to get to green zone

- Stretching
- Drawing a picture
- Play with a fidget



Green Zone

is the ideal state of alertness

Ways to stay in the green zone

- Listen
- Have a calm body
- Work hard

Green Zone

Happy
Focused
Calm
Proud



Yellow Zone

Worried

Frustrated

Silly

Excited

Yellow Zone

is a heightened state of alertness

Ways to get to green zone

- Take deep breaths
- Draw a picture
- Stretching/yoga
- Read a book
- Close your eyes



Red Zone

is an extremely heightened state of alertness

Ways to get to green zone

- Take deep breaths
- Draw a picture
- Stretching/yoga
- Read a book
- Close your eyes
- Melting (tense and release muscles)

Red Zone

overjoyed/Elated

Panicked

Angry

Terrified