

The ZONES of Regulation



Blue Zone

Sad

Bored

Tired

Sick

Green Zone

Happy

Focused

(alm

Proud

Yellow Zone

Worried

Frustrated

Silly

Excited

Red Zone

overjoyed/Elated

Panicked

Angry

Terrified

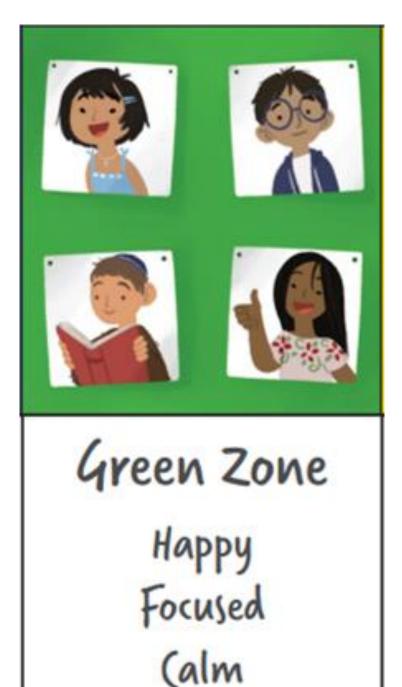


Blue Zone Sad Bored Tired Sick

Blue Zone is a low state of alertness

Ways to get to green zone

- Stretching
- Drawing a picture
- Play with a fidget



Proud

Green Zone is the ideal state of alertness

Ways to stay in the green zone

- Listen
- Have a calm body
- Work hard



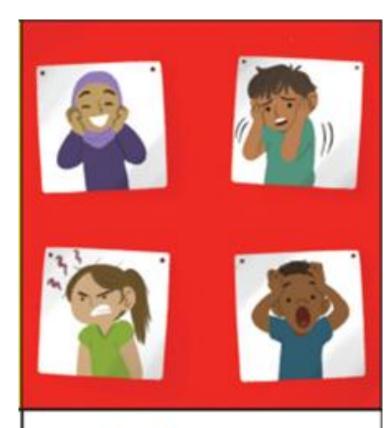
Yellow Zone Worried Frustrated Silly Excited

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

overjoyed/Elated

Panicked

Angry

Terrified

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)