

THE ZONES OF REGULATION®

BLUE ZONE

- Bored
- Hurt
- Exhausted
- Sick
- Tired
- Sad

Blue Zone Tools

Stretch

GREEN ZONE

- Calm
- Good
- Proud
- Okay
- Ready to Learn
- Content

Green Zone Tools

Drink water

YELLOW ZONE

- Frustrated
- Anxious/Worried
- Excited
- Silly
- Overwhelmed
- Scared

Yellow Zone Tools

Deep breaths

RED ZONE

- Aggressive
- Mean
- Terrified
- Mad
- Angry
- Yelling

Red Zone Tools

Take a break
