

The ZONES of Regulation

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

Blue Zone



Tired



Bored



Sad



Sick

Green Zone



Calm



Happy



Proud



Focused

Yellow Zone



Silly



Frustrated



Excited



Worried

Red Zone



Panicked



overjoyed/Elated



Terrified



Angry