

The **ZONES** of Regulation®

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

Blue Zone

I am running slow.






Sad Tired Bored Sick

I can try these tools:






Take a break Talk to an adult Ask for a hug Listen to music

Green Zone

I am good to go.






Happy Calm Ready Okay

I can do these:






Learn Listen Work hard Expected behaviors

Yellow Zone

I need to take caution.






Worried Nervous Annoyed Upset

I can try these tools:






Take a break Get a drink Walk Inner coach

Red Zone

I need to STOP.






Mad Yelling Mean Hands on

I can try these tools:






Deep breaths Size of problem Run Take a break