

Zones of Regulation

posters

wid's world

GREEN ZONE

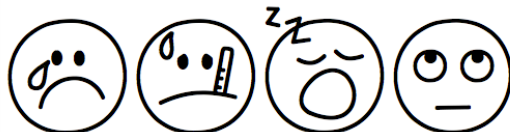
In the GREEN ZONE, I feel...



Happy, Calm, Okay, Focused, Ready to Learn

BLUE ZONE

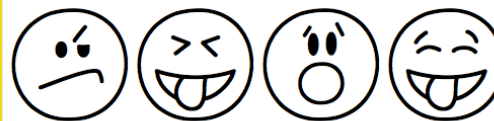
In the BLUE ZONE, I feel...



Sad, Sick, Bored, Tired, Moving Slowly

YELLOW ZONE

In the YELLOW ZONE, I feel...



Frustrated, Worried, Silly, Wiggly, Over-Excited

RED ZONE

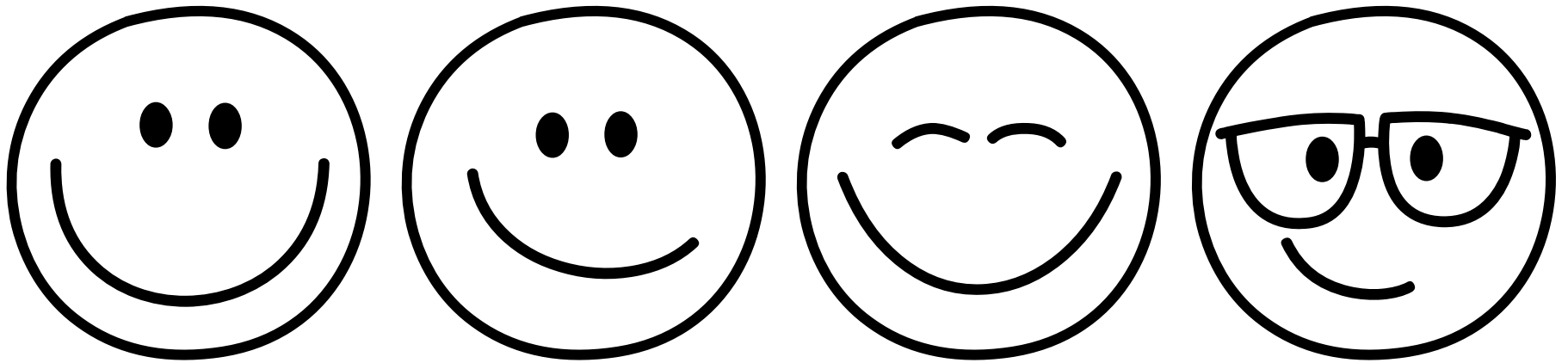
In the RED ZONE, I feel...



Mad, Angry, Mean, Terrible, Yelling, Out of Control

GREEN ZONE

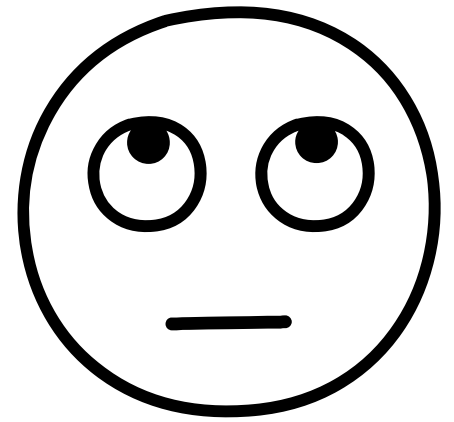
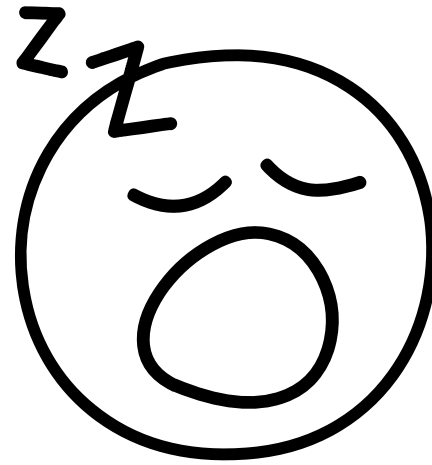
In the GREEN ZONE, I feel...



Happy, Calm, Okay, Focused,
Ready to Learn

BLUE ZONE

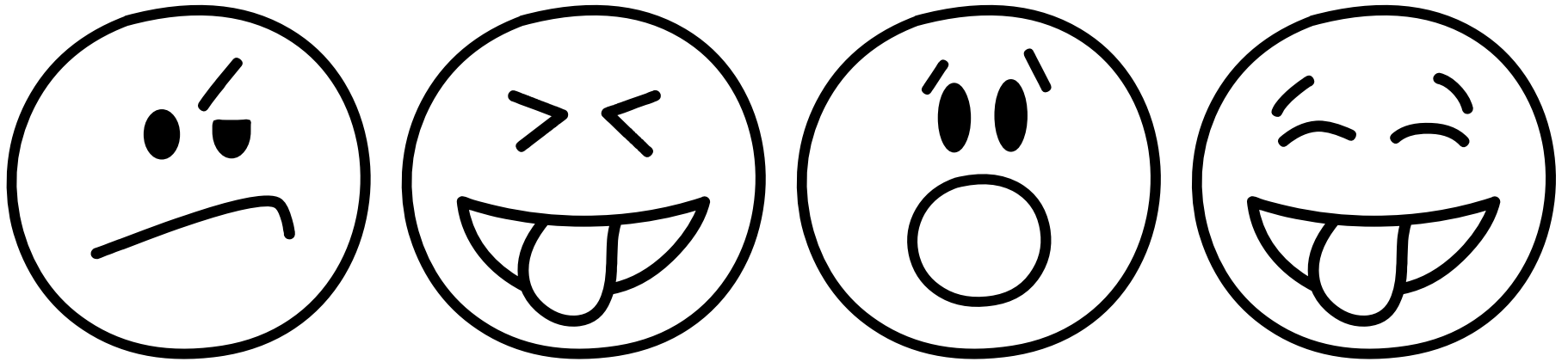
In the BLUE ZONE, I feel...



Sad, Sick, Bored, Tired, Moving
Slowly

YELLOW ZONE

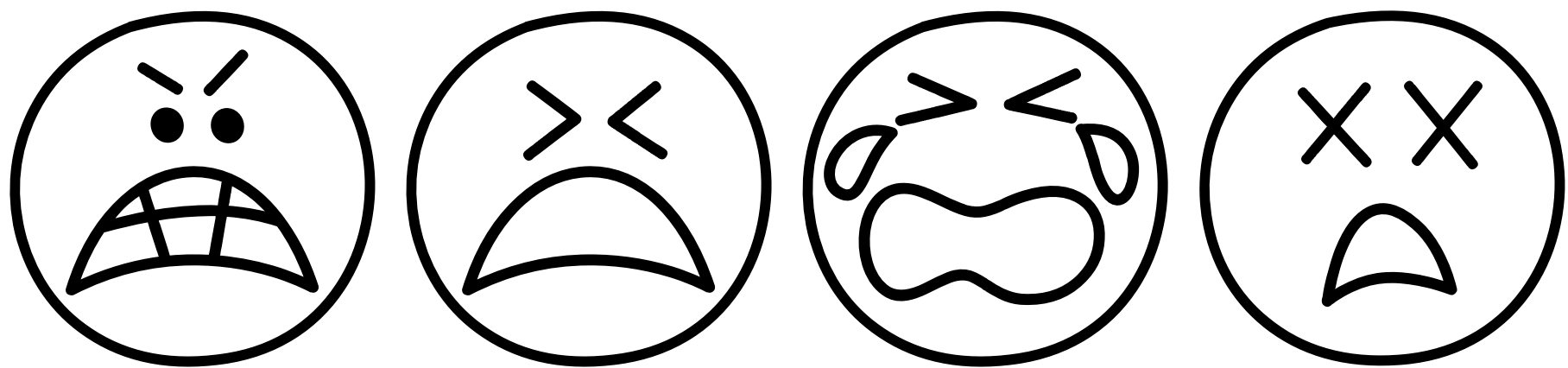
In the YELLOW ZONE, I feel...



Frustrated, Worried, Silly,
Wiggly, Over-Excited

RED ZONE

In the RED ZONE, I feel...



Mad, Angry, Mean, Terrified,
Yelling, Out of Control



thanks to...

