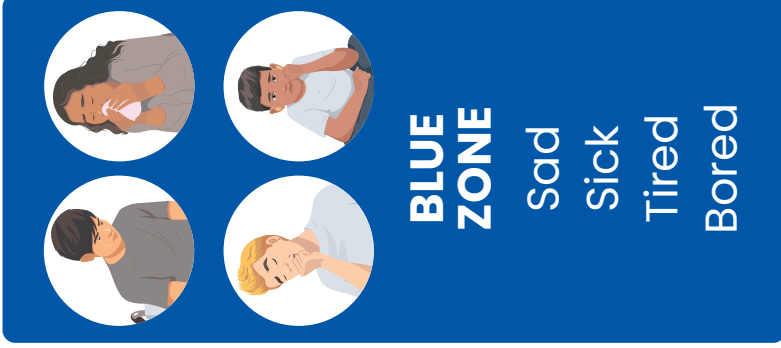


# The Zones of Regulation®



**BLUE ZONE**

Sad  
Sick  
Tired  
Bored

Illustrations of four people: a boy with his hand to his face, a girl with her hand to her face, a boy with his hand to his face, and a girl with her hand to her face.



**GREEN ZONE**

Happy  
Calm  
Focused  
Relaxed


Illustrations of four people: a boy with a wide smile, a girl with a wide smile, a boy with his hand on his forehead, and a girl with her hand on her forehead.



**YELLOW ZONE**

Frustrated  
Worried  
Silly  
Excited

Illustrations of four people: a boy with a frustrated expression, a girl with a worried expression, a boy with a silly expression, and a girl with an excited expression.



**RED ZONE**

Angry  
Terrified  
Elated  
Out of Control

Illustrations of four people: a girl with an angry expression, a boy with a terrified expression, a girl with an elated expression, and a boy with an out of control expression.