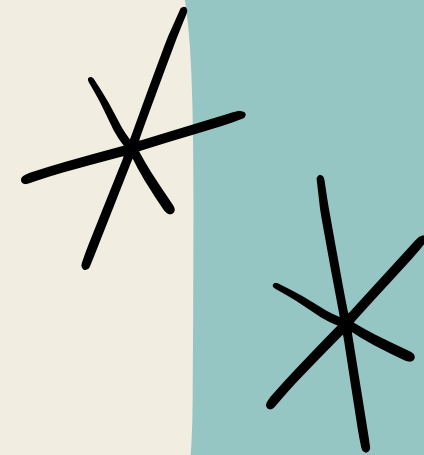
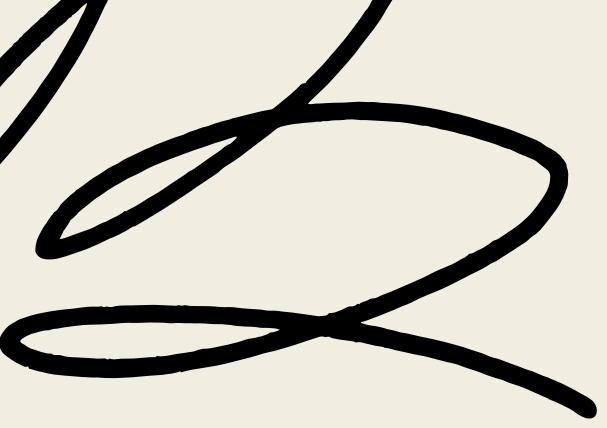


ZONES OF REGULATION



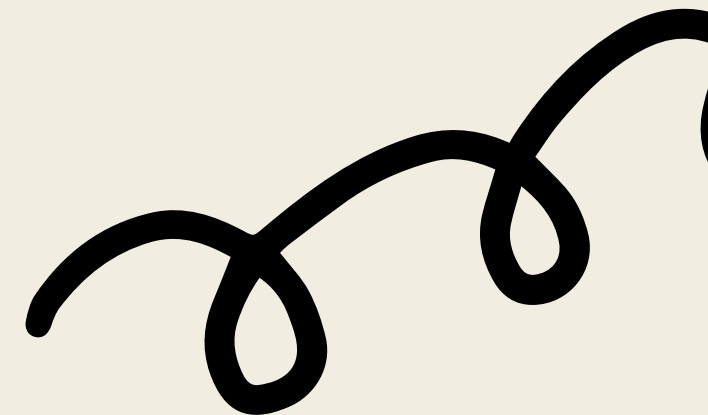
Recognizing and Understanding Emotions





Have you heard of the Zones of Regulation before?

What do you know?



How are you feeling today?



Our emotions can be divided into
four colored zones:

Blue, green, yellow, and red.

SAD
BORED
TIRED
SICK

CALM
HAPPY
FOCUSED
CONTENT
READY TO LEARN

EXCITED
SILLY
NERVOUS
FRUSTRATED
HYPER

ANGER
RAGE
TERROR
DEVASTATION
OUT OF CONTROL

What zone are
you in today?

Are you in the BLUE ZONE?

HOW YOU MAY LOOK LIKE OR ACT

I slouch and sigh.

I put my head down.

I lay down.

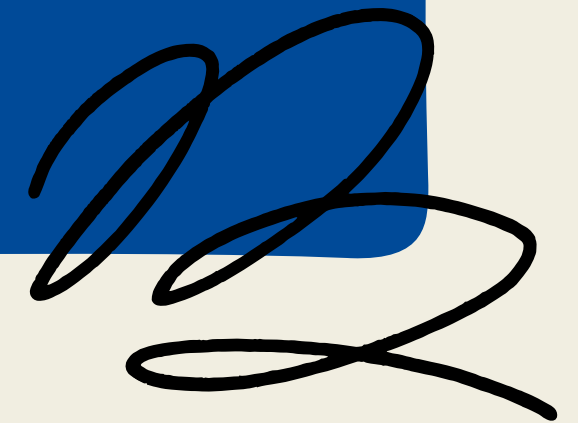
I yawn with eyes half-closed.

I frown.

I feel sick.

I move slowly.

I don't want to talk.



Are you in the GREEN ZONE?

HOW YOU MAY LOOK LIKE OR ACT

I sit up straight

I participate

I focus

I'm listening

I learn new things

My body is calm

I smile and nod

I share my thoughts



Are you in the YELLOW ZONE?

HOW YOU MAY LOOK LIKE OR ACT

I squirm and fidget

I cross my arms

I don't or can't do my
work.

I can't keep my body still

I'm silly and loud

I roll my eyes

It's hard to listen



Are you in the RED ZONE?

HOW YOU MAY LOOK LIKE OR ACT

I scream and yell

I run away

I cry

I hit or kick

I slam doors

I break things

I say mean words



HOW CAN YOU GET BACK TO THE

Green Zone?

If you need to get back to the green zone, what can you do?

Here are some strategies to try:

GETTING BACK TO THE GREEN ZONE

Stretch

Go for a walk

Take a brain
break

Talk to someone

Rest

You're doing a great
job! Keep it up!

Count to 20

Ask for a break

Ask for help

Draw a picture

Take deep breaths

Ask for help

Find a safe place

Take deep breaths

Tell an adult what's
wrong

CAN YOU THINK OF ANY OTHER WAYS TO GET BACK TO THE GREEN ZONE?



BEFORE YOU GO, REMEMBER...

Your zone is defined by what you're feeling inside your body.

It's normal to experience all four zones. There is no "bad" zone.

The green zone is the ideal zone for learning because you are focused.

