
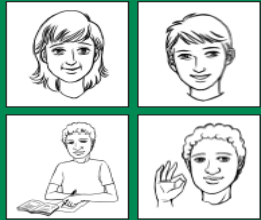
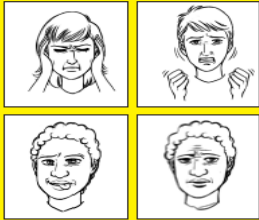



New for 2020-2021

The **ZONES** of Regulation®

✓ Giving the children the vocabulary to talk about emotions

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 Terrified Yelling/Hitting Elated Out of Control |

