





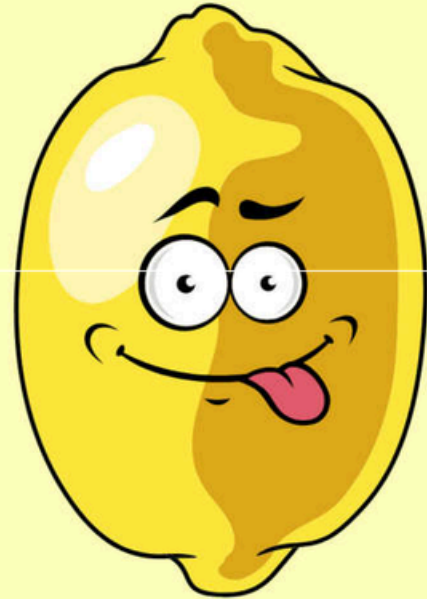



Zones of Regulation

 Blue	 Green	 Yellow	 Red
 Low	 Happy	 Wobbly	 Angry
sad tired sick bored shy moving slowly	happy calm proud focused ready to learn good to go	excited nervous frustrated silly worried confused	angry yelling hitting mean frightened I need time and space