



# The ZONES of Regulation


When I am in the **BLUE ZONE**  
I feel...



sad




tired




bored


I am...



moving slowly



laying on my desk




sick

Rebecca Miller, 2018

When I am in the **GREEN ZONE**  
I feel...



calm



focused



happy

I am...



doing my work



sitting at my seat



ready to learn

Rebecca Miller, 2018

When I am in the **YELLOW ZONE**  
I feel...



excited



frustrated



worried

I am...



silly




not working




saying no

Rebecca Miller, 2018


When I am in the **RED ZONE**  
I feel...



mad




angry




afraid


I am...



yelling



hitting



out of control

Rebecca Miller, 2018