

# ZONES OF REGULATION



## BLUE ZONE

SAD  
SICK  
TIRED  
BORED



## YELLOW ZONE

WORRIED  
EXCITED  
SILLY  
WIGGLY



## GREEN ZONE

HAPPY  
CALM  
READY TO LEARN  
FOCUSED



## ORANGE ZONE

DISGUSTED  
FRUSTRATED  
ANNOYED  
DISAPPOINTED



## RED ZONE

ANGRY  
MAD  
FURIOUS  
OUT OF CONTROL



# GREEN ZONE



**HAPPY**  
**CALM**  
**READY TO LEARN**  
**FOCUSED**



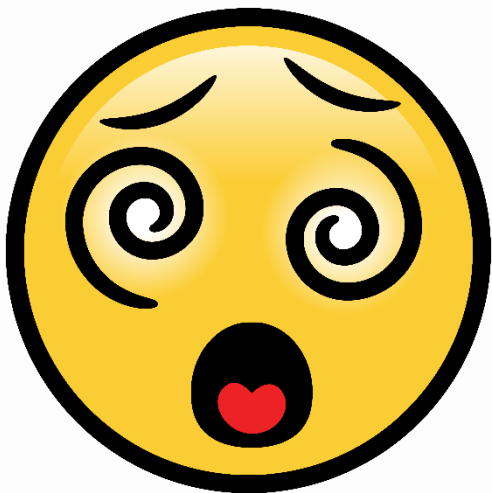
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