









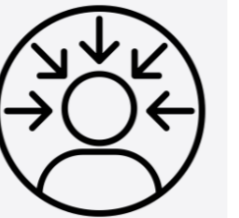







# Zones of Regulation

Blue		Green		Orange		Red	
Sad 	Hurt 	Happy 	Excited 	Surprised 	Confused 	Angry 	Raging 
Sick 	Tired 	Focused 	Calm 	Worried 	Silly 	Annoyed 	Terrified 
What can I do? REST  Take a break Ask for help Talk to someone Jump up and down x 5		What can I do? GO  Think happy thoughts Share ideas Help others Finish my work		What can I do? SLOW DOWN  Take deep breaths Talk to someone Go for a short walk Count to 10		What can I do? STOP  Take a time out Run a lap Squeeze a stress ball Drink water	