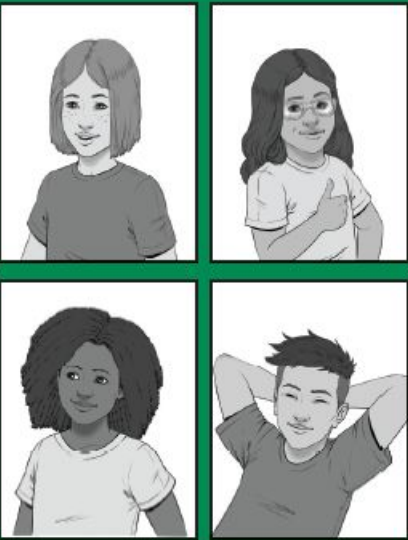
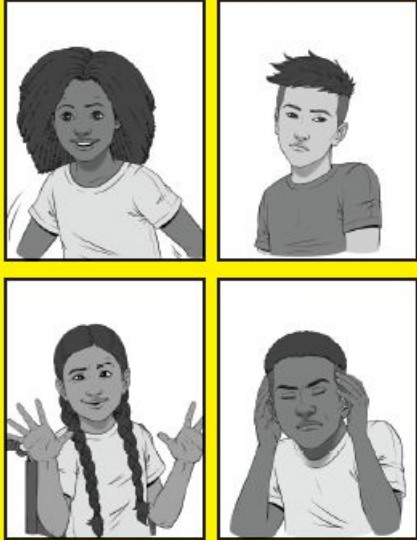


The **ZONES** of Regulation™

			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Exhausted Sad Disappointed Sick Lonely	Ready to learn Excited Proud Cheerful Optimistic	Overwhelmed Anxious Nervous Irritated	Disappointed Jealous Scared Angry Frustrated