




The **ZONES** of Regulation™

			
<p>BLUE ZONE</p>	<p>GREEN ZONE</p>	<p>YELLOW ZONE</p>	<p>RED ZONE</p>
<p>Sad Tired Sick Lonely Bored</p>	<p>Happy Excited Ready to learn Proud Cheerful</p>	<p>Frustrated Wiggly Worried Anxious</p>	<p>Angry Scared Out of control Hurt Grumpy</p>