





The ZONES of Regulation™

			
<p>BLUE ZONE</p>	<p>GREEN ZONE</p>	<p>YELLOW ZONE</p>	<p>RED ZONE</p>
<p>Lethargic Unhappy Disappointed Unwell Isolated</p>	<p>Ready to learn Elated Proud Contented Optimistic</p>	<p>Overwhelmed Anxious Apprehensive Irritated</p>	<p>Disappointed Envious Frightened Incensed Frustrated</p>